

POINTS TO REMEMBER

Life is an exciting adventure – at least it should be. **Joyful, meaning Joy-filled**, should be an ongoing part of that experience.

The lyrics to the Issac Watts hymn “Joy to the World” include the phrase “**Let every heart prepare Him room.**” It’s important we ask ourself, “is there room in me for more that will bring me closer to God? **More Joy?**”

To answer that question, consider **what emotion best characterizes your life? Is it Joy?** Because, if it’s not, you have the opportunity to rise above your current state. In addition, **what perspective governs your life.** Is it God’s perspective or the world’s? **Only God’s promises Joy.**

Jesus understood that, while Joy is our natural state, with the pressures of the world, **Joy does not happen automatically. We must bring it about.** Our spirit needs to be fed. We must feed it positive, uplifting thoughts of the good that is here in this world – and of who and what we truly are.

Joy is a choice you and I can make. We have within us the means to draw it forth into expression in our lives. **The true source of Joy** is our conscious awareness of the Christ Spirit within. When we recognize and acknowledge this perpetual fountain of Joy, we come to see that **Joy is not a temporary and fleeting emotion**, but rather an attitude we can adopt and practice regularly. We can open the door to the fountainhead of Joy that is within us and let it pour forth to bless ourselves and others.

Jesus states in **Jn15:11**, “These things I have spoken to you that my Joy may be in you and that your Joy might be full.” **Jesus wills Joy for you.**

Seven Secrets that Joy-Filled People Practice:

1. **Assume good fortune is in store for you**, waiting to happen for you
2. **Be emotionally centered**, willing to release emotions not serving you
3. **Be open to opportunity**, welcoming the doors opening for you
4. **Think of the world as yours**, being ready to reach out to others
5. **Keep envy in check**, feeling grateful for the good of others
6. **Think like a connector**, ready to network and interact with others
7. **Find an upside to everything** so your vibration attracts your good

Our spiritual work on ourselves includes **making room in us for Joy.**