

Resting in Joy

1 Thessalonians 5:16 Be Joyful Always

We are invited into a life of joy

We can build our joy capacity (strengthen the joy “muscle” in our brains).

Level 1 Joy: Finding Joy in the gifts of God

James 1:17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

*Practice Appreciation Memory

Level 2 Joy: Finding Joy in the presence of God

Psalm 16:11 You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

Luke 1:46-47 And Mary said: "My soul glorifies the Lord and my spirit rejoices in God my Savior,

Habakkuk 3:17-18 Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior.

From Hudson Taylor's Spiritual Secret: "My need now is great and urgent, but God is greater and more near. And because He is and is what He is, all must be, all is, all will be well. Oh, my dear brother, the joy of knowing the living God, of seeing the living God, of resting on the living God in our very special and peculiar circumstances!"

"The secret of his own strength was not far to seek. Whenever work permitted, Mr. Taylor was in the habit of turning to a little harmonium for refreshment, playing and singing many a favorite hymn, but always coming back to— Jesus, I am resting, resting, in the joy of what Thou art; I am finding out the greatness of Thy loving heart.

One of the eighteen evangelists, Mr. George Nichol, was with him on one occasion when some letters were handed in to his office, bringing news of serious rioting in two of the older stations of the Mission. Thinking that Mr. Taylor might wish to be alone, the younger man was about to withdraw when, to his surprise, someone began to whistle. It was the soft refrain of the same well-loved hymn: Jesus, I am resting, resting, in the joy of what Thou art . . . Turning back, Mr. Nichol could not help exclaiming, "How can you whistle, when our friends are in so much danger!" Would you have me anxious and troubled?" was the quiet reply. "That would not help them, and would certainly incapacitate me for my work. I have just to roll the burden on the Lord." Day and night this was his secret, "just to roll the burden on the Lord." Frequently those who were wakeful in the little house at Chinkiang might hear, at two or three in the morning, the soft refrain of Mr. Taylor's favorite hymn. He had learned that, for him, only one life was possible—just that blessed life of resting and rejoicing in the Lord under all circumstances, while He dealt with the difficulties, inward and outward, great and small."

Being Restful in Joy does not negate responsibilities but is an avenue to engage in them productively:
With creativity, connection, energy.

You have permission to be joyful always.