

My Daily Commitment to be Joyful

Today is the day the Lord has made. I will rejoice and be glad in it.

1. My joy is a command.



It's not optional. My loving Heavenly Father asks it of me for my own good because my joy is my strength, my health, and my testimony.

He is glorified the more satisfied I am in Him. Therefore, my response is: YES LORD, today I choose to serve You with joy!

2. My joy is a choice.

It does not depend on my circumstances, but on how I choose to respond to what happens to me.

Christ came to give me the option of serving Him with joy. Therefore, today I choose to put on the crown of glory, the oil of gladness, the garment of praise, and the robes of salvation that Christ died to give me.

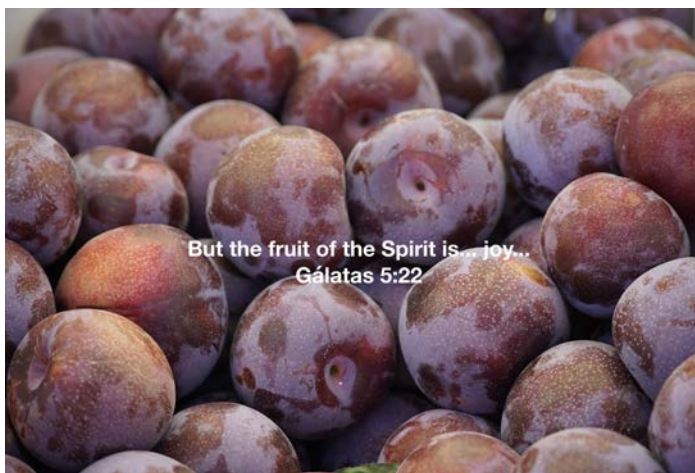
3. My joy is a fruit.

It doesn't come from my own effort but from my relationship with the Holy Spirit, who teaches me and empowers me to be content in whatever state I'm in.

- He guides and enables me to choose an attitude of gratitude in everything and for everything, instead of complaining about what I lack.

- He guides and enables me to choose to keep my thoughts fixed on Him, meditating on:

- His Word
- His music
- His mighty deeds
- His countless blessings



But the fruit of the Spirit is... joy...
Gálatas 5:22

4. My joy is a perspective.



Seeing things the way God sees them changes everything. Even in difficult moments, I can choose to “dance in the rain” and “walk on water” when I choose to keep the perspective that, in spite of it all:

- God is in control,
- He allows it for my good and
- It won’t last forever.

Therefore, with His help, I choose to come out of this and every trial stronger, without complaining, and without “smelling like smoke.”

5. My joy requires resisting the thief.

If I want to live in joy, I must recognize that I have an enemy... and learn to resist him by faith. He wants to steal my joy because it reminds him that I’m Daddy’s favorite! But he can’t—unless I choose to cooperate with him.

Therefore, today I choose to guard my heart from joy-busting attitudes such as:

- resentment and bitterness
- guilt and shame
- doubt and fear
- anxiety and worry
- complaining and grumbling

And I choose to enjoy today by applying the “Potiphar Effect”: I put it and leave it in God’s hands.



Yes, today is the day the Lord has made. I will rejoice and be glad in it!