

# Joy is an inside job

btw...

*These things I have spoken to you that My joy may be in you,  
and that your joy may be full (John 15:11 NASB).*

*By Alma Kern*

At times joy bubbles over, and  
we sing songs of praise to the Lord.  
All's well with our world!

Yet things are not always well with us.  
Headaches and heartaches may come at any time.  
That's life!

Happiness depends on circumstances.

Joy is independent of what happens to us.  
It is a deep-seated sense of well-being.

You have no control over circumstances, but  
You can make a conscious effort to be joyful.

Remind yourself again and again  
of certain Bible truths until they  
permeate your whole thinking:

God is in control.

He really cares what happens to me.

My life has a purpose.

All things are working together for my good.

God will give me strength to face any situation.

My Lord sacrificed His only Son for me!

Because I love and trust Jesus,  
I'm confident that when my life ends,  
I will live forever with Him  
in endless and perfect joy!

*Alma Kern is a past ILWML Vice President and the author of four LWML books. She and her husband, Rev. Herbert Kern, live in East Meadow, New York, and celebrate 63 years of marriage this fall.*

*btw...* btw is the acronym for "by the Way (Jesus)." It sets the tone for the current issue.