



“For indeed, as soon as the voice of your greeting sounded in my ears, the babe leaped in my womb for joy.” – Luke 1:44

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# Guarding the Gift of Joy

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3<sup>rd</sup> Sunday of Kiahk

# Examples of Those Who Rejoiced

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# David

- **“There is no peace,” says my God, “for the wicked.”** (Isaiah 57:21)
- **“Restore to me the joy of Your salvation, and uphold me by Your generous Spirit.”** (Psalm 51:12)
- Joy cannot coexist with hidden sin; repentance restores joy.



# The Father of the Prodigal Son

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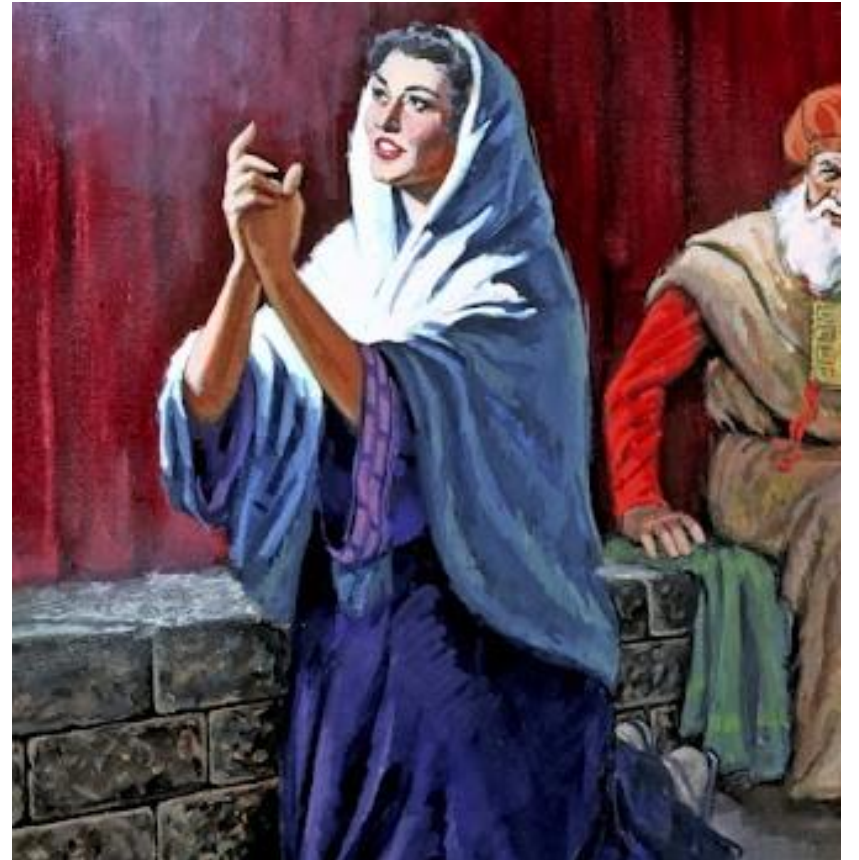
- **“It was right that we should make merry and be glad, for your brother was dead and is alive again, and was lost and is found.”** (Luke 15:32)
- The restoration of a brother or sister should be celebrated, not resented.



# Hannah

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- “So the woman went her way and ate, and her face was no longer sad.” (1 Samuel 1:18)
- God hears the prayers of His people and knows them personally.
- “I am the good shepherd; and I know My sheep...” (John 10:14)
- “...he calls his own sheep by name and leads them out.” (John 10:3)
- Prayer restores



# The Apostles

- “So they departed from the presence of the council, rejoicing that they were counted worthy to suffer shame for His name.” (Acts 5:41)
- “Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; but rejoice to the extent that you partake of Christ’s sufferings, that when His glory is revealed, you may also be glad with exceeding joy.” (1 Peter 4:12-13)
- Sts. Paul and Silas
- “But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them.” (Acts 16:25)

# Practical Steps to Restore and Guard Joy

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## **1. Return to God Without Chasing Feelings**

- “You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore.” (Psalm 16:11)

## **2. Reflect on Personal History**

- “Remember all the way which the LORD your God has led you.” (Deuteronomy 8:2)

# Practical Steps to Restore and Guard Joy

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## **3. Re-Anchor Joy in Salvation, Not Circumstances**

- “For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory.” (2 Corinthians 4:17)
- “In Your presence is fullness of joy; At Your right hand are pleasures forevermore.” (Psalm 16:11)

## **4. Practice Thanksgiving Intentionally – even if it feels forced**

- “In everything give thanks; for this is the will of God in Christ Jesus for you.” (1 Thessalonians 5:18)

## **5. Limit What Robs the Soul of Joy**

- “Be still, and know that I am God.” (Psalm 46:10)