

The joy thief

I was driving down the road, having finally got on my way. I had put out a few fire before leaving, which had made me late and to top it off some goofball would not let me into traffic and had the nerve to honk at me at which time I honked back with a not so nice glare of anger. I was frustrated at everything including my stupid suburban that would not take to the air and fly over the traffic that I was stuck in. I finally stop my racing mind and decided that, once again, my joy had been stolen. If you know me, you know that my joy does not often get stolen. Even through the illness and death of my wife, people constantly asked, "how are you able to maintain such joy?" I've come to the conclusion that there are a few things that steal our joy:

Worry, fear, anger, not trusting God, lack of prayer, lack of sleep and just plain sin are the main culprits.

Phil. 4:6 "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God."

Prov. 29:11 "A fool gives full vent to his anger, but a wise man keeps himself under control."

Psalms 27:1 "The Lord is my light and my salvation--whom (or what) shall I fear?" There are a lot of reasons that your joy could be gone today, but know matter why, it shouldn't be. This does not mean happiness, that's different, joy is more of a peace with where you are. Maybe at times we could all stop and realize that what ever has stolen our joy it is not bigger than God is.