

In this life we all have reasons to get upset and go around angry and frustrated. Life is full of inconveniences, delays, unGodly people etc. You cannot stop these things from happening; the key is how you handle them. Today's Scripture says no-one can take your joy. That means *you* control *your* joy. Nobody and nothing can take it from you; you have to give it away.

Life is too short to live frustrated and upset about things that you have no control over. People have a right to their own opinion, but you have a right to ignore it. People have a right to be rude, but you have a right to remain happy. Don't let insignificant things steal your joy. Just keep reminding yourself that *you* have the power to keep *your* joy.

John 16:22 "...So you have sorrow now, but I will see you again; then you will rejoice, and no one can rob you of that joy..."