

God promises that joy is found in His presence. When you don't have joy, you are in some way disconnected from God's presence. If you go through the day stressed out, worried, offended, and on edge, you are separating yourself from the blessing, the favour, and the strength you need. In the tough times, you need to be full of joy, because the joy of the Lord is what gives you strength to make it through.

All of us are dealing with difficult situations. However, no matter what is happening around you, God wants you to experience His supernatural joy at all times. Joy manifests when you focus your heart on the Heavenly Father, and praise Him for who He is and what He has done in your life. The Bible says that He inhabits the praises of His people. Anytime you feel depleted or overwhelmed, just begin to praise and thank God, draw near to Him and He will draw near to you. In His presence you will be refreshed and restored to His full joy.

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