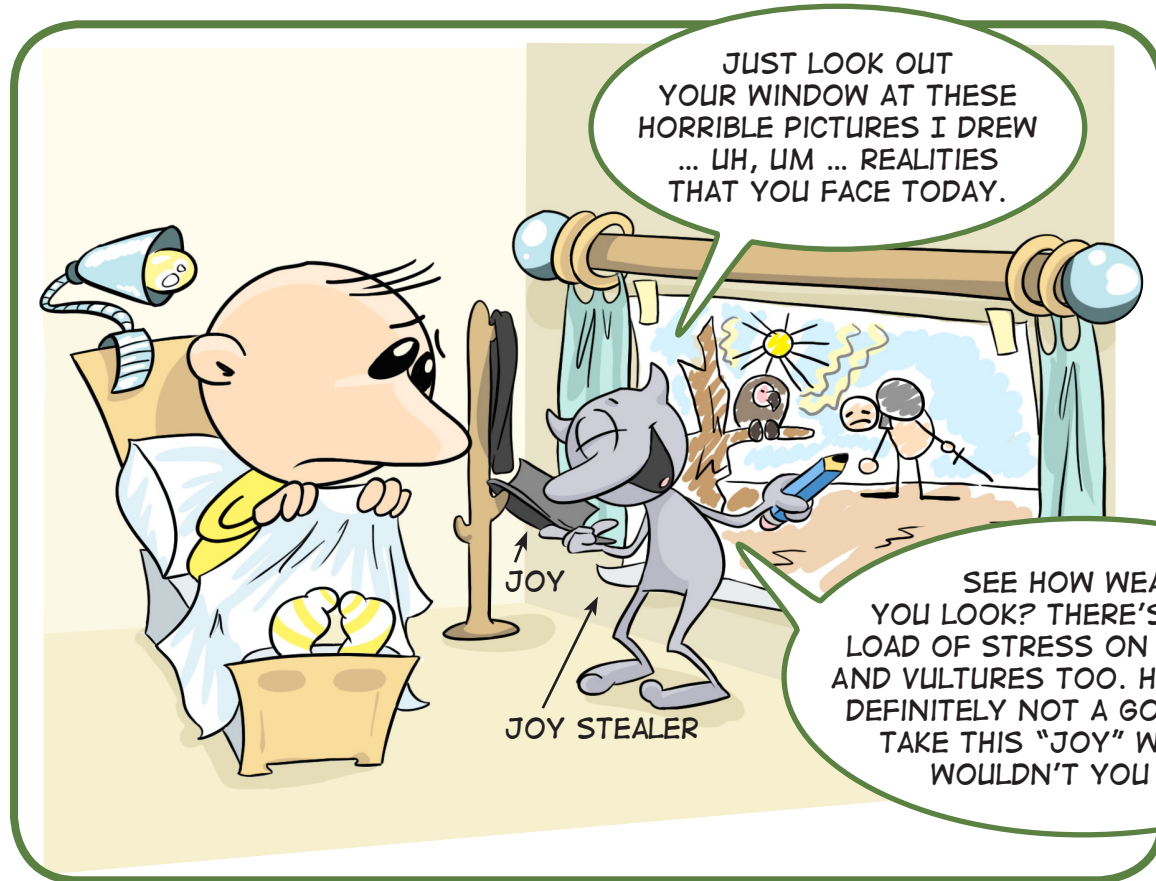


Be Joy's Defender



There are many things that could steal away your joy: weariness with school, stress in your responsibilities, fears, having a negative outlook instead of a positive one, or letting circumstances dictate your happiness.

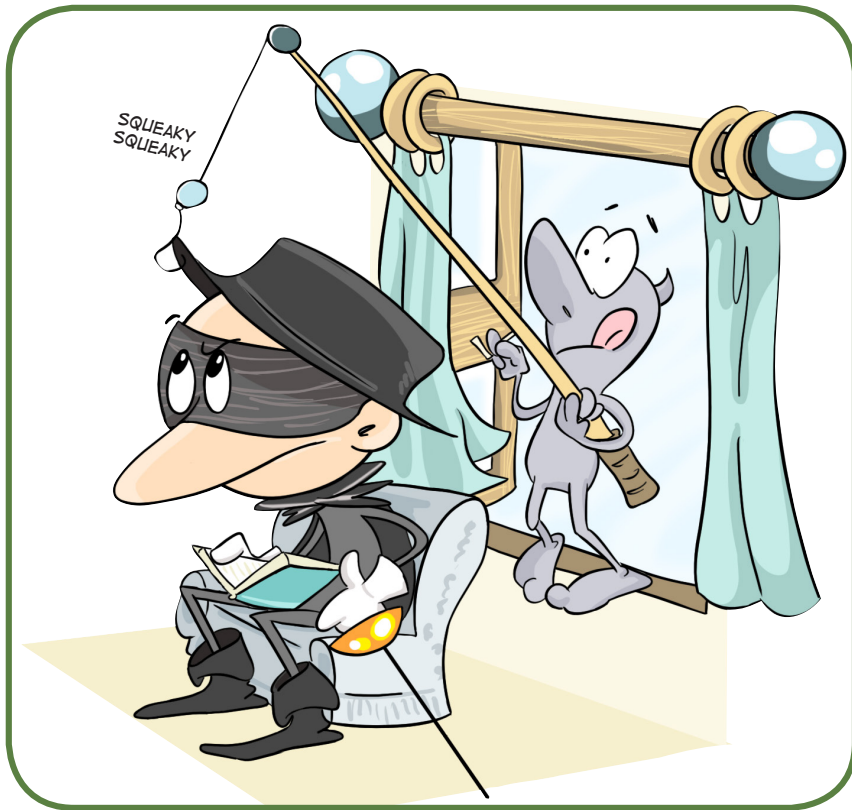
You don't have to allow these things to warp your mindset. You can choose to retain your joy and not let go of it.



Joy, peace, and happiness in your heart can be something continual, not short-term. Your joy doesn't have to be dictated by how things look or what is going on around you.



If you can learn to recognize the things that steal your joy, and how to guard and defend your joy and happiness—which God’s heavenly perspective can help you to do—then you can keep your joy. You can be less affected by the things that usually take your joy away.



Bible Verses:

“You make known to me the path of life; you will fill me with joy in your presence” (Psalm 16:11 NIV).

“Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, ‘The Lord has done great things for them.’ The Lord has done great things for us, and we are filled with joy” (Psalm 126:2–3 NIV).



JOY