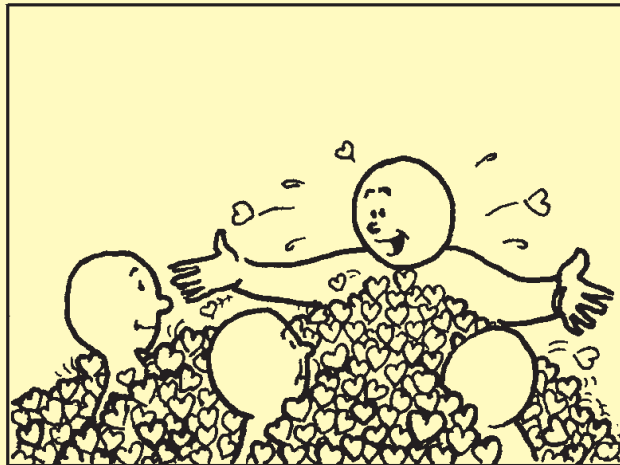
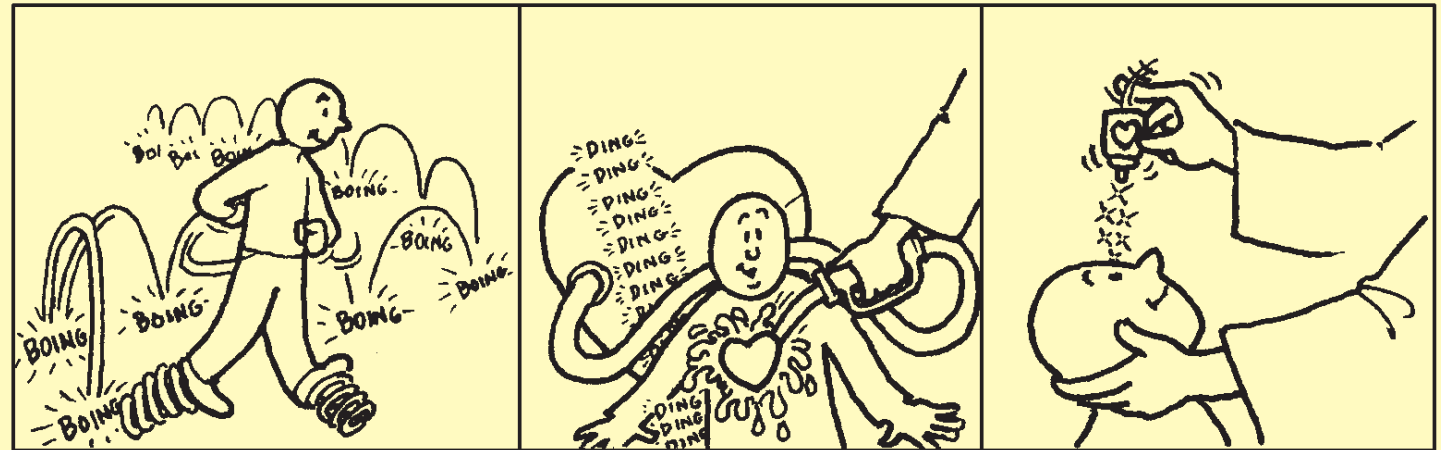


GET THAT BOUNCE BACK!

"I HAVE TOLD YOU THESE THINGS SO THAT YOU WILL BE FILLED WITH MY JOY. YES, YOUR JOY WILL OVERFLOW!" (JOHN 15:11 NLT)

DO YOU FEEL LIKE YOU HAVE LOST THE JOY IN YOUR LIFE? ARE YOUR THOUGHTS FILLED WITH WORRY OR SADNESS? DO YOU WISH YOU COULD GO BACK TO A TIME WHEN YOUR HEART WAS GLAD AND YOUR SPIRIT LIGHT?

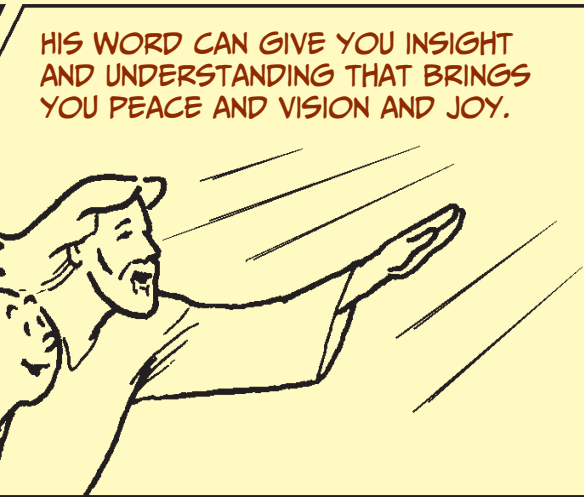
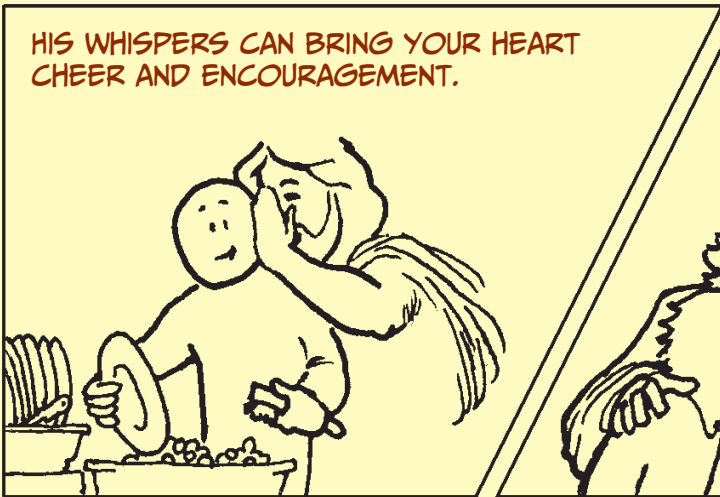
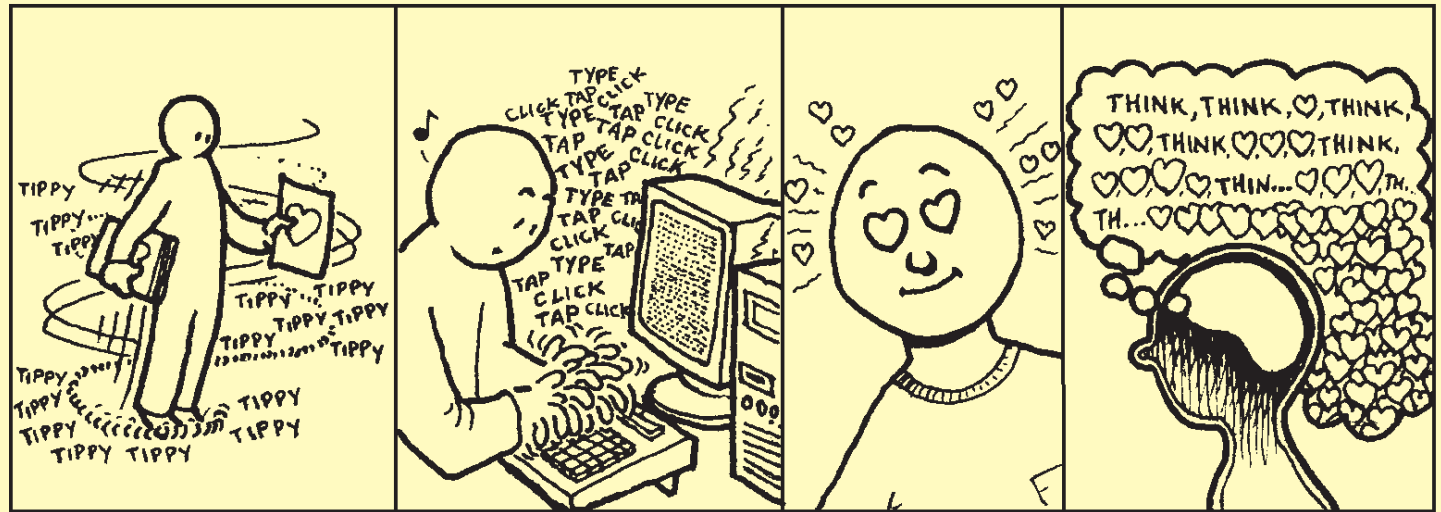
IN TIMES WHEN YOUR JOY IS LOW, REMEMBER THAT GOD'S SPIRIT HAS THE POWER TO BRING BACK THAT BOUNCE TO YOUR STEP, TO REFILL THE JOY IN YOUR HEART, AND TO PUT A SPARKLE BACK IN YOUR EYES.



DURING DIFFICULT TIMES, TAKE TIME TO REMEMBER WHEN YOUR JOY WAS SO FULL THAT IT OVERFLOWED ON OTHERS, AND REALIZE THAT THAT JOY CAN FILL YOUR HEART AND LIFE AGAIN. IF YOU FEEL DISTANCE HAS COME BETWEEN YOU AND JESUS, OR THAT YOUR FAITH AND JOY HAVE RUN LOW, IT DOESN'T HAVE TO STAY THAT WAY. THOSE TIMES WHEN YOU FELT CLOSE TO JESUS CAN BE YOURS AGAIN.

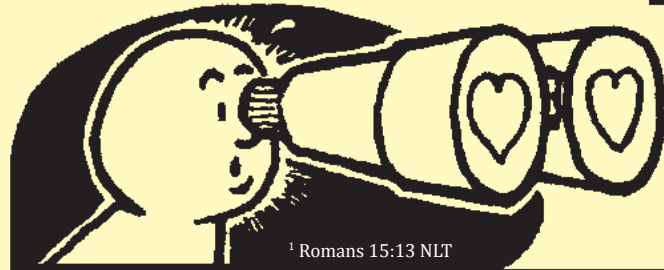
MANY TIMES YOU SIMPLY GET SO BUSY WITH LIFE THAT IT CROWDS OUT THE TIME YOU WOULD SPEND RECHARGING YOUR SPIRIT AND RECONNECTING WITH JESUS. SPENDING TIME WITH JESUS EACH DAY IS AN IMPORTANT STEP TO LETTING HIS SPIRIT AND JOY FILL YOUR HEART.

WHEN YOU SPEND TIME WITH JESUS, HIS STRENGTH AND JOY COVER YOU AND FLOW INTO EVERY PART OF YOU—YOUR TOES, YOUR FINGERS, YOUR EYES, YOUR MIND. JESUS "WILL FILL YOU COMPLETELY WITH JOY AND PEACE BECAUSE YOU TRUST IN HIM. THEN YOU WILL OVERFLOW WITH CONFIDENT HOPE THROUGH THE POWER OF THE HOLY SPIRIT."¹



AS YOU RECONNECT WITH JESUS, HE CAN BRING YOU HOPE AND JOY THAT MAKES THE FUTURE HOPEFUL AND POSSIBLE.

TURN TO JESUS WHEN YOU FEEL LOW, AND LET HIS TEACHINGS, HIS EXAMPLE, AND MOST OF ALL HIS LOVE REFRESH YOUR SPIRIT. DON'T FOCUS ON THE THINGS THAT DISCOURAGE YOU OR GET YOU DOWN; INSTEAD LOOK TO JESUS, AND YOU WILL FIND THE HEAVINESS OF YOUR HEART LIFTING AND THAT BOUNCE TO YOUR STEP RETURNING.



¹ Romans 15:13 NLT

O SOUL, ARE YOU WEARY AND TROUBLED?
NO LIGHT IN THE DARKNESS YOU SEE?
THERE'S LIGHT FOR A LOOK AT THE SAVIOR,
AND LIFE MORE ABUNDANT AND FREE.

TURN YOUR EYES UPON JESUS,
LOOK FULL IN HIS WONDERFUL FACE,
AND THE THINGS OF EARTH WILL GROW STRANGELY DIM,
IN THE LIGHT OF HIS GLORY AND GRACE.

—HELEN HOWARTH LEMMEL (1922), "THE HEAVENLY VISION"