

Joy, how do we get it or do we already have it?

No one can steal your level of joy but you, yourself. People of this world and certain situations may be able to rob you of your happiness but you are the only person that can rob you of your joy. Joy is an inner quality, if we are searching for our joy through what circumstances can give us, it is no wonder that we feel we have no joy. Solomon, in [Ecclesiastics 5:17](#), wrote from a human perspective, that in life there is much sorrow, and likewise this is also said in [Psalms 38:17](#). Life can be a challenge, but we can go through the challenge with our joy in tack and able to experience that joy. Most of us gauge our joy level through our 5-senses and emotions, but, know that our flesh does not follow the emotions of our spirit.

Believing in God the Father and Jesus Christ the Son is the only way to find true joy, for joy is a spiritual quality, for it is a fruit of the Spirit, [Galatians 5:22](#). If we are driven by our 5-senses and our emotions, we will confuse happiness or fulfilling certain lustful desires with thinking we have joy. Joy comes from within not from external things, every believer has the capability to have joy. Just as a fruit tree naturally bears fruit for that is the type of tree it is, as a believer if we abide in Christ, we will naturally bear the fruit of the Spirit, (love, peace, joy, etc). It is that simple. Know that the world will never provide you with joy, for it is incapable of doing so, for joy can only be found internally within knowing Christ Jesus and believing in His inheritance and the many promises that we find in God's Word.

An avenue to finding joy is to rest in Him, enjoying His finished work, [Hebrews 4:11](#). When we learn to relax and be content within ourself, oftentimes we find that the things that we were struggling to find and achieve have been within our grasp all the time, or perhaps we then see them as unnecessary.

Scriptures concerning Joy:

I have put a few scriptures relating to joy below, since reading the scriptures is much more powerful than man's vain philosophies . As you read the scriptures know that God's Word is true and that in Him is our joy made complete.

[Rejoice](#), and be exceeding glad: for great *is* your reward in heaven: for so persecuted they the prophets which were before you, [Matthew 5:12](#).

Again, the kingdom of heaven is like unto treasure hid in a field; the which when a man has found, he hides, and for [joy](#) thereof goes and sells all that he has, and buys that field, [Matthew 13:44](#).

Notwithstanding in this rejoice not, that the spirits are subject unto you; but rather [rejoice](#), because your names are [written in heaven](#), [Luke 10:20](#).

Ye have heard how I said unto you, I go away, and come *again* unto you. If ye loved Me, ye would [rejoice](#), because I said, I go unto the Father: for my Father is greater than I, [John 14:28](#).

These things have I spoken unto you, that My [joy](#) might remain in you, and *that* your joy might be full, [John 15:7](#).

And ye now therefore have sorrow: but I will see you again, and your heart shall [rejoice](#), and your [joy](#) no man takes from you, [John 16:22](#).

Hitherto have ye asked nothing in My name: ask, and ye shall receive, that your [joy](#) may be full, [John 16:24](#).

And now come I to thee; and these things I speak in the world, that they might have My [joy](#) fulfilled in themselves, [John 17:13](#).

By whom also we have access by faith into this grace wherein we stand, and [rejoice](#) in hope of the glory of God, [Romans 5:2](#).

And not only *so*, but we also joy in God through our Lord Jesus Christ, by whom we have now received the atonement, **Romans 5:11**.

For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost, **Romans 14:17**.

And again He said, Rejoice, ye Gentiles, with His people. And again, Praise the Lord, all ye Gentiles; and laud Him, all ye people, **Romans 15:10-11**.

Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost, **Romans 15:13**.

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, **Galatians 5:22**.

For we are the circumcision, which worship God in the spirit, and rejoice in Christ Jesus, and have no confidence in the flesh, **Philippians 3:3**.

Rejoice in the Lord always: *and* again I say, Rejoice, **Philippians 4:4**.

And ye became followers of us, and of the Lord, having received the word in much affliction, with joy of the Holy Ghost:, **1st Thessalonians 1:6**.

For what *is* our hope, or joy, or crown of rejoicing? *Are* not even ye in the presence of our Lord Jesus Christ at His coming? **1st Thessalonians 2:19**.

Rejoice evermore, **1st Thessalonians 5:16**.

Looking unto Jesus the author and finisher of *our* faith; who for the joy that was set before Him endured the cross, despising the shame, and is set down at the right hand of the throne of God, **Hebrews 12:2**.

My brethren, count it all joy when ye fall into divers temptations, Knowing *this*, that the trying of your faith works patience, **James 1:2-3**.

Whom having not seen, ye love; in whom, though now ye see *Him* not, yet believing, ye rejoice with joy unspeakable and full of glory: **1st Peter 1:8**.

But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when His glory shall be revealed, ye may be glad also with exceeding joy, **1st Peter 4:13**.

And these things write we unto you, that your joy may be full, **1st John 1:4**.

Be glad in the LORD, and rejoice, ye righteous: and shout for joy, all *ye that are* upright in heart, **Psalms 32:11**.

And my soul shall be joyful in the LORD: it shall rejoice in His salvation, **Psalms 35:9**.

Let them shout for joy, and be glad, that favor My righteous cause: yea, let them say continually, Let the LORD be magnified, which has pleasure in the prosperity of his servant, **Psalms 35:27**.

Beautiful for situation, the joy of the whole earth, *is* mount Zion, *on* the sides of the north, the city of the great King, **Psalms 48:2**.

My soul shall be satisfied as *with* marrow and fatness; and my mouth shall praise *thee* with joyful lips, **Psalms 63:5**.

