



JOY

DESPITE THE CIRCUMSTANCES

LIFEUNDEFEATED.ORG

JOY

DESPITE THE CIRCUMSTANCES

LIFEUNDEFEATED.ORG

SATAN'S ATTACK ON OUR JOY

One in six Americans take antidepressants.

Depression is a serious problem and one of the devil's favorite things to inflict on God's children.

In fact, hell's mission statement is to steal, kill, and destroy. ([John 10:10](#)) Stealing my joy is something I've let the devil get away with way too many times.

However, contrary to what people think, the Bible makes it very clear to us that we can have joy *despite* what's going on.

In [John 14:1](#), Jesus commanded His disciples not to let their hearts be troubled. This was right before He was going to be beaten and crucified. He wouldn't have told His disciples not to let their hearts be troubled if it wasn't possible.

It's possible because joy doesn't come from what things look like around us. If it did, we'd be happy as can be one moment and devastated the next.

Our joy isn't even from the things others do; we can't control that.

[Nehemiah 8:10](#) says,

"... Don't be dejected and sad, for the joy of the Lord is your strength!"

If the devil can take your joy, he can take your strength. That's why it's so important to get our joy from an eternal source.

THE SOURCE OF OUR JOY

Our joy is from the Lord, who never changes.

"I am the Lord and I change not." ([Malachi 3:6](#))

"Jesus Christ is the same yesterday, today, and forever." ([Hebrews 13:8](#))

God is consistent, faithful, and never ending. **If He is the prime source of our joy, nothing, no one, and no circumstance of life can take it away.**

That's living in constant joy despite the circumstances.

[Hebrews 1:9](#) says that Jesus was anointed with an oil of gladness above His fellows. He was happier than any of the disciples with Him. Why?

[Hebrews 12:2](#) says,

"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."

Even when He knew He was going to hang on the wooden cross of Calvary for our sins, He chose joy.

Joy is something you have to decide you're going to have.

It's not based on the circumstances around you. If Jesus Christ, the Son of God, had to choose joy, so do we.

TWO WAYS TO CHOOSE JOY

1. What you focus on grows, so stop complaining and start declaring God's Word.

Unfortunately, no one is more qualified to talk about this than me.

I used to be a pessimist living my everyday life in depression and defeat. I found the cloud to every silver lining.

In fact, I was a cloud. When I disappeared, it was a beautiful day. XD

I didn't know the negative words coming out of my mouth were actually weapons the devil was using to defeat myself and to try to keep me from moving forward in the things of God.

It wasn't until I stopped running my mouth and talking crap—despite what the circumstances around me looked like—that I had joy again.

It's important to stop speaking negative things and start speaking life, because death and life are in the power of the tongue ([Proverbs 18:21](#), [Deuteronomy 30:19](#), [Mark 11:23](#)).

We can either complain about our circumstances or proclaim the Word of God over them!

2. Praise God

[Luke 24:52](#) says,

“And they worshipped him, and returned to Jerusalem with great joy.”

When we're praising and worshipping God, we are filled with gratitude and the *joy of the Lord*. That is so much better than grumbling and complaining!

Again, what you focus on grows.

If you want your problem to grow bigger and bigger: focus on that. If you want Jesus and His joy to overwhelm that thing: focus on Him!

CONCLUSION

Every day, we are faced with the choice to draw our joy and strength from the Lord or let what's going on around us define how we feel.

This isn't an exclusive thing. We all have the ability to choose joy despite the circumstances.

It doesn't matter if you're struggling to feed your family or if you're facing chronic illness like I am—Jesus is the Answer to all life's problems, and His joy is 100% accessible!

In the hardest times of my life, I just prayed and thanked God for what He has done and was able to draw my strength from Him. You don't have to fall apart like a two-dollar suitcase at whatever life throws!

We *can* choose joy against all odds. We do that by not speaking negativity but instead proclaiming the Word of God over our situation, and praising and thanking God.

STRONG, JOY-FILLED, VICTORIOUS CHRISTIANS FOR THE WIN.



Madison Grace is a blogger, writer, doll collector, and minister of the Gospel of Jesus Christ. In addition to traveling and speaking to youth, she blogs about living an undefeated lifestyle at [Life Undefeated](#), professional doll collecting at [Delightful World of Dolls](#), and writing excellent moral fiction at [Madison Grace \(Author\)](#).