



**JOY**

**IS**

**A**

**CHOICE!**

## Choose To Be Happy



*“Rejoice in the Lord always.”* **Philippians 4:4**

Happiness has more to do with our choices than our circumstances. God said to “Rejoice always!” He didn’t say if we feel like it. It’s when we DO what God says that things get better.

Rejoicing is more about what we do, not how we feel. When we rejoice by choice in obedience to the Lord, everything starts to get better! *Action* always produces a change of feelings eventually!

The Bible says that everyone’s business was drying up because *joy* had dried up in the people. Joel 1:12 When we stop being joyful, things in our life start to wither. Being happy by choice produces success!

## BE Glad And You Will Feel Glad



Joy is not just something that happens when everything around us lines up. God said that joy is the initiator of good things happening. “*A merry heart MAKES a healthy body!*” **Proverbs 17:22**

Psalm 32:11 says, “*BE glad!*” You can BE glad and feel sad, but as you are being glad things have to change! Paul the Apostle wrote, “Rejoice in the Lord always” from a prison cell. He obviously was not letting his circumstances dictate his joy level. Nehemiah 8:10 says, “*Don’t be depressed, for the joy of the Lord is your strength!*” God would not say, “Don’t be depressed” if we could not help it.

As Christians, we always have something to rejoice about; God loves us, and we are not going to hell! Psalm 51:12

## Jesus said,

*What does it profit a man if he gain the whole world and lose his own soul?*

### Salvation Prayer

Jesus, I believe in You. I believe You died for my sins. I believe God raised You from the dead. I know that I am now saved because You did not lie. I will spend eternity with You. Thank You, Jesus. Amen.

John 3:16

God so loved the world that He gave His only Son, that whoever believes In Him shall not perish, but have everlasting life.”

For more HELP contact  
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**HOPE NOTES**

“We are saved by hope.”

Romans 8:24



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