

To truly understand where my joy comes from and why I strive everyday to bring positivity to every situation in my life, the following excerpt from a blog post by Gospelchops sums it all up beautifully. Like a really good Hallmark card, I could not have said it any better!

The joy of the Lord is my strength. This phrase is a familiar one, with many songs and stories based on it. But what does it really mean? Where do we get this joy from? And how does joy provide us with strength? In this article, I will answer those questions and more as I explore the joy of the Lord in greater depth.

Nehemiah 8:10

Nehemiah 8:10 says, “The joy of the Lord is your strength.” This verse is from the Old Testament, but it’s still relevant today. The joy of the Lord comes from Jesus Christ and the Holy Spirit, and it has the power to give us strength in difficult times.

When we’re faced with trials, it’s easy to become discouraged. But if we focus on the joy of the Lord instead, that joy can empower us to keep going. It can give us hope and a sense of purpose when nothing else seems to make sense.

The joy of the Lord isn’t just a feeling or an emotion; it’s also a state of being. When we’re filled with God’s joy, we’re able to do things we never thought possible. We can see joy in the darkest of times, and we can share that joy with others.

When we’re filled with joy, it often leads to laughter and happiness. Studies have shown that laughter truly is contagious; when you laugh at something funny, there’s a good chance someone around you will start laughing too.

Jesus said that His joy would be shared by those who follow Him ([John 15:11](#)). Jesus’ joy comes from knowing He is loved unconditionally by God the Father ([Matthew 28:18-20](#)), and Jesus wants us to experience this same joy on an ongoing basis as well.

When we receive Christ into our lives through repentance and faith, God gives us His Holy Spirit—very presence—to help change us from the inside out. When we have joy in our hearts, it’s easier to love and serve others as Christ did.

What Does ‘The Joy of the Lord is My Strength’ Mean?

The joy of the Lord is a biblical reference that is found throughout scripture. In Nehemiah chapter 8, we read: “The joy of the Lord is my strength.” This verse comes

after Ezra reads the law to the people and they celebrate by having a feast. The joy of the Lord was what gave them the strength to rejoice and celebrate in such a way.

In [Psalm 16:11](#), we read: *“You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.”*

Here, we see that God Himself provides us with joy and pleasure as part of His eternal plan for our lives. And finally, in Philippians, we read: *“Rejoice in the Lord always. I will say it again: Rejoice!”* Here, joy is not only something that God provides to us constantly but also a command for us.

We can see from these passages how the joy of the Lord is an essential part of life with Christ and what He has done for us on the cross. It’s meant to be celebrated because joy itself gives strength- spiritual strength.

What Is ‘The Joy of The Lord’ That We Get Strength From?

There are many different types of joy described throughout Bible scripture, most notably found in Psalms 16 & 23 where David describes his experience with joy during life events such as being near water or walking through fields full of grass. It’s important to note that joy in this instance is not the same joy of the Lord I’m discussing here.

The joy being referred to in Nehemiah chapter 8 and Philippians chapter 4 are biblical terms called “the joy of the Lord” or “everlasting joy,” also known as salvation.

This type of joy refers specifically to eternal life with Christ after death when all sins have been forgiven through God’s grace alone because Jesus paid for them on His cross ([John 19:30](#)). This is why we rejoice constantly and celebrate due to our relationship with an everlasting source of happiness – it gives us strength!

What Does ‘Everlasting Joy’ Do To Provide Strength?

It isn’t joy in the joy of life or joy based on our emotions. It isn’t joy that lasts only for a moment.

This joy is everlasting because it comes from God, who has no beginning and no end ([Psalm 90:12](#)). And this joy doesn’t originate with us; we can’t conjure up more joy than what he provides ([Lamentations 3:22-25](#)).

The Joy of the Lord Comes From The Lord Jesus Christ Himself

It didn't come about after his resurrection but during. All four gospels tell how much happiness was present at Jesus' birth ([Luke 2:5-15](#)) as well as after his death when Mary Magdalene came to his tomb ([Matthew 28:8-11](#)).

And Joy Comes From The Holy Spirit!

The joy experienced by Jesus' followers after he ascended into heaven was also from God's Holy Spirit. Acts 13:52 tells us that while Paul was waiting in Athens for Timothy and Silas that "a deep sleep fell upon him; but at midnight there stood a certain man before him," who brought them news about how many believed his message. And because of this great joy within them the church grew rapidly ([Acts 16:35-40](#)).

What Do We Need to Make Joy of the Lord Our Strength?

The joy of the Lord is a powerful thing. It's something we all need in our lives, especially when times are tough. But what do we need to make the joy of the Lord our strength?

First, we need to know who Jesus Christ is and what He has done for us. We need to have faith in Him as our Savior and put our trust in Him. Without faith, it's impossible to please God ([Hebrews 11:06](#)).

Second, we need the Holy Spirit living inside us. The Holy Spirit gives us power and strength ([Acts 20:32](#)) and helps us live a godly life ([Galatians 5:22-23](#)). And finally, we need to have a joy that comes from God. This joy is a fruit of the Spirit ([Galatians 5:22](#)) and it's a sign that we belong to Him ([Philippians 4:04](#)).

When we have all these things, the joy of the Lord will be our strength. We can rely on Him when times are tough and He will give us the power we need to get through anything. Praise God for His amazing grace and for giving us everything we need!

How to Find Joy in Times of Weakness

I am glad in God my savior. Jesus Christ empowered by the Holy Spirit gave me joy and peace to live life on earth with a better understanding of who He is and what life was created for.

Not just joy but an everlasting joy that lasts forever no matter what happens here on Earth. When we focus on the joy it informs us that all things are possible because there is nothing greater than His love inside our hearts!

It fills you up more than any other feeling ever could so don't let go of Him, stay close to Him no matter how hard times may get. Faith, salvation, gladness, encouragement...all come from Him through his spirit working within us all which strengthens our faith daily making each and every day joyous and peaceful.

So don't be afraid to rely on His joy when you're feeling weak. It's there to help fill your life with happiness so focus up, get out of the darkness and turn on the light! I'm joyful in God my savior!!!!