

The Healing, Transforming Power of Joy!

Jesus wants you to experience more of His JOY - And JOY comes from seeking His presence alone! Joy isn't just a feeling, experience, or emotion - Joy is a Person! Jesus alone is Joy unspeakable...! (1Pet 1:8). Seek the giver and the gift (Joy) will come! Seek first His kingdom and righteousness and all these things (including Joy) will follow! (Matt 6:33) Let Him be your LORD (not just Savior) and Joy will flow! Abide and remain in His garden where He's walking with you and talking with you and telling you that you are His own - and the JOY you're sharing as you tarry there, none other has ever known! Give yourself time to be silent and still before Him, waiting to receive, through the Spirit, the assurance of His JOYOUS PRESENCE WITHIN you! Andrew Murray often prayed "May not a single moment in my life be spent outside the light, love, and JOY of GOD's PRESENCE and not a single moment without the entire surrender of myself as a vessel for Him to fill full of His Spirit and Love"! Abiding in Christ (Jn 15:7) is the secret of the JOY-FILLED life!

HEALING is released in His Joy!

1. Joy raises our level of endorphins which increases our neurotransmitters, inducing our bodies to heal.
2. Joy induces the relaxation response.
3. Joy lowers the levels of adrenalin by as much as 70%.
4. Joy lowers cortisol, which eats our insides out by as much as 70%.
5. Joy increases "B" cells that produce antibodies directly against harmful bacteria.
6. Joy induces a relaxation response in the autonomic nervous system.
7. In thy presence is fullness of JOY! Ps. 16:11
8. REJOICE evermore! 1Thes 5:16
9. REJOICE in the Lord always and again I say REJOICE! Phil 4:4
10. For the JOY of the Lord is Your Strength! Neh 8:10
11. A JOYFUL heart maketh a good medicine! Prov 17:22