

## **The Fullness of Joy.**

By Bisi Abitogun

'Thou wilt shew me the path of life: in thy presence is fullness of joy; at thy right hand there are pleasures for evermore.' Psalms 16:11

In God's presence there is always fullness of joy. To be effective in our walk with God the fullness of Joy must be evident in our life. The fullness of Joy is much deeper than happiness. God's joy is not based on our emotions, the blessings or current circumstances. The joy of the Lord is in indeed what strengthens us and gives us the grace to endure. When we are filled with the joy of the Lord it enables one to demonstrate fruitfulness in their walk with God.

In 2<sup>nd</sup> Samuel 6:14 David danced before the Lord with all his might. You can imagine what David was feeling in his heart as he gave his all to God. It was very evident in David's life that he wanted to give his all to God to ensure that his worship was pleasing and acceptable in the eyes of God.

We will experience God's fullness of joy when we continually walk in His presence by conversing with him. Walking with him daily in faith, love peace.

Psychologist teach that the way people think and feel effects their emotions, their abilities to relate to others and the ability to cope in difficult circumstances. An understanding needs to be made that when you are constantly in God's presence regardless of how the situation looks the Joy of the lord surpasses it. With what is happening in the economy and the financial crises, people cannot seem to understand why a person would be so joyful with God on their side when so many people are jobless and desperate for food.

I have come into contact with people who suffer from what the world calls personality disorder and chronic depression. At times they can be extremely happy and excited and a few minutes later their spirit is so low that it could almost or usually lead to depression. The fullness of Joy is not like a rollercoaster where one minute you are high the next minute you're low.

When you are constantly seeking God's face and spending time with him the fullness of Joy has to increase. This leads to increased happiness and success in life.

Psalms 15:13 says that 'a merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken'. How do you portray yourself to others are you always merry and cheerful or always gloomy and sad? The way you present yourself to other is so important because whatever is sown will surely be reaped. We will often come across very difficult people in life that no matter what you do for them you can never get a smile out of them. They are so consumed with everyday challenges that it's hard to convince them that all will be well and God will see them through.

Portraying the fullness of joy onto others is an amazing experience that one can do because not only are you able to release blessing but the virtue of Joy will defiantly rub off onto another. That explains why some people that are always joyful tend to attract a lot of people.

Some people in life can leave a presence wherever they go because the fullness of God's Joy dwells richly in their heart. No matter what circumstance they are faced with they will continually rejoice in the Lord. You hear things like 'I don't know what it is about her, she is such a nice person' or 'he is such blessing'. These kinds of people leave a footprint of joy wherever they go regardless of the situation they face. As long as Christ is in your life you don't need to be consumed by the challenges of this world because the battle has already been won.

Continue to base your Joy on the Lord, when you joy is constantly based on people or things it will eventually fade away. But Gods joy cannot be taken away John 16:22 says that your heart will rejoice and your joy no one will take away from you. The house you have, the car you brought, the business that you started up remember that it's all the Lords doing and your joys should rest in the Lord.

Olabisi Abitogun is a Christian writer that seeks to encourage and motivate. She attended The University of Hertfordshire from 2004 - 2007 and studied BA Human Resource Management. She led Believers Loveworld Fellowship, Christ Embassy in Hertfordshire between 2005 -2007 where she was teaching the word of God and was also engaged in counselling. She now attends RCCG The Promised Land, London.