

Bless the Lord, O my soul ~ and bless Your holy Name.

You, God, crown us with loving kindness and tender mercy. You hear our prayers.

It's difficult to feel joy in this journey when we are tangled in the deceit and chaos heaved into our lives by the addictions of our loved ones. Sorrow? Anger? Yes - these feelings prevail. And - Father - we hurt. We plunge into discouragement. Joy doesn't exist in these circumstances, Lord - help us find joy in You.

Thank You for providing hope. Let us be close to You, Jesus, as You restore joy to us.

Fill our hearts and our minds with the truth about You. Help us praise You and practice trusting You more and more each day. Take away the fear. Remove the doubt. Please, fill us with Your joy!

Our faith is in You, Lord Jesus - please, give us more faith.

We praise You for Your precious Name through which we approach the throne of God.

Thank You, Jesus. Thank You ~ and Amen

I can still hear Grandpa say, “You can get glad in the same clothes you get mad in.” At 12, I heard it as a riddle. At 60, I treasure it as a jewel from the wise. Fret and worry. Gloom and tears. These are choices. Wear them if you think it looks good on you. Not! Regardless of the pain of circumstances you can always wear “the joy of Jesus.” (Listen - this must be Grandma talking.)

Fear suffocates peace. Grief overwhelms the soul. This is real. Yet even when this journey with addiction is dismal - with God's strength - determine to choose hope. Praise God for His sweet assurance regardless of life's stench. Today, trust in His goodness. Evaluate the circumstance - yet focus on Christ. **Joy will come.**

From Insight for Living, Chuck Swindoll
suggests several reasons to smile.

• **Joy is the fruit of God's Spirit.**

More than a great attitude or an indomitable spirit, joy comes from God. Joy increases in direct proportion to our intimacy with Christ.

• **Joy doesn't depend on circumstances.**

Paul wrote Philippians from a jail cell. He was criticized, tired and misunderstood. But instead of allowing his horrible circumstances to choke out God's Word and Holy Spirit, Paul chose to concentrate on the joy of knowing Christ.

• **Joy is a choice**

*“Consider it all joy, my brethren, when you encounter various trials” Here's the reality - read it carefully. Life's painful trials are not joyous in themselves, but when we walk through them, we should be filled with joy. Why? Because of the good God is developing in us and in the situation. **We can know real joy while in the scariest storm when we fill our minds and hearts with truth about God.***

*“Oh, give me back my joy again;
You have broken me - now let me rejoice.”*

*“Restore to me the joy of Your salvation,
And make me willing to obey You.”*

~ Psalm 51:8, 12 ~

*“Why am I discouraged? Why is my heart so sad?
I will put my hope in God! I will praise Him again -
my Savior and my God!”*

~ Psalm 42:11 ~

*“But the fruit of the Spirit is love, joy, peace,
patience, kindness, goodness and self-control.*

~ Galatians 5:22 ~

*“But all too quickly the Message (of Jesus) is
crowded out by the worries of this life,
the lure of wealth, and the desire for other things,
so no fruit is produced.”*

~ Mark 4:19 ~

*“Dear brothers and sisters, when troubles
of any kind come your way,
consider it an opportunity for great joy.”*

~ James 1:2 ~