

Reminders for a Joy-Filled Heart

1. Embrace God's Unfailing Love

True joy starts with knowing that God's love for you is constant, no matter what's happening around you. His love is the solid foundation for your joy.

Romans 8:39 – No power in the sky above or on the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

2. Choose Gratitude in All Things

Gratitude shifts your heart. Even on tough days, find something to be thankful for—God is working in all things.

1 Thessalonians 5:18 – Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

3. Rest in God's Presence

True joy isn't about doing more, but about being with God. Let Him fill your heart with His peace.

Psalms 16:11 – You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.

4. Trust God's Plan for Your Life

Joy grows when we trust that God is in control. When things feel uncertain, remember that He is working everything out for your good.

Jeremiah 29:11 – For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope.

5. Forgive Yourself and Others

Holding onto resentment or guilt can quietly steal our joy. Forgiveness isn't always instant, but it is freeing. Whether you're extending grace to someone else—or to yourself—remember it's a practice, not a one-time event. Let God meet you in it.

Colossians 3:13 – Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

6. Celebrate Small Joys

Even in the ordinary, there is joy to be found. Celebrate the little moments, whether it's a peaceful walk, a kind word, or a quiet cup of coffee.

Psalms 118:24 – This is the day the Lord has made. We will rejoice and be glad in it.