

Experience More of God's Joy

(3 Ways to Increase Your Joy Level)

By

Mark Furlong

I have great news for you!

It is God's will for you to experience high levels of joy in your life. He does not want you to wait until heaven, where there will be no challenges at all. No, He wants you to have strong, on-going joy now.

There are over 400 references in the Bible for the word "joy" and others immediately related to it (i.e. rejoice, joyful). When you include just some of the other similar words like blessed, celebrate, sing, shout, dance, etc., then it skyrockets.

Adding just some of those types of words the number of "joy" references used in the Bible are way over 1,000. That means it is an emphasis of God for us.

What about Suffering Scriptures?

Yes, there are suffering words, too, but they are used far less and most of them refer to the consequences of not following God's instructions. The ratio of joy to suffering references is enormous. Passages like...

"Rejoice always, pray without ceasing, in everything give thanks for this is God's will for you in Christ Jesus." (1 Thessalonians 5:16-18)

"The fruit of the Spirit is love, joy, peace..." (Galatians 5:22)

"The kingdom of God is...righteousness, peace, and joy in the Holy Spirit." (Romans 14:17)

fill the Bible.

Outside of passages that tell us that we suffer because we have not followed God's instructions, the number of suffering Scriptures is under 100.

There is such a thing as godly suffering, but at a minimum the joy to suffering ratio in the Bible is 10 to 1.

I think that is pretty significant. God Himself emphasizes joy at least ten times as much as He does suffering.

That may not be your ratio yet, but Scripture tells us how we can quickly raise our joy level or "launch it." In many cases, if you do what the Bible says to do you can experience an immediate boost, increase, or even a major launch.

Obviously, some things take more time than others but, thankfully, some increases can literally be experienced in just a few seconds or minutes.

Life Can Be Tough

God knows very well that life can be tough; really tough.

Sometimes it feels like all the power of Hell is being aimed in your direction. Rejection, illness, relational difficulties, abuse, and job loss are but a few of the things we all face at some point in our lives.

Jesus never taught us to pretend problems don't exist, but He did teach consistently how to deal with them and overcome them.

He did not leave us defenseless or without tools to live lives of consistent joy. And that is what this short book is about. I researched hundreds of Scriptures referring to joy and then broke them down into 10 main categories of how you can quickly get more joy in your life.

If that is something you are interested in, read on.

The Right Tools

Several years ago, my dad introduced me to a good friend named Lawrence Hickenbotham. Lawrence is a wonderful Christian who has taught the Bible at his church for decades. He also happens to be a true master craftsman.

He builds high-quality, high-end, specialized furniture. He has built stunning 40-foot tables for executive board rooms. He has created high-quality, beautiful kitchen units and every type of furniture you can think.

Starting with nothing but a drawing on a piece of paper, he takes wood and turns it into a masterpiece. This godly man is amazing!

One of the big differences between a master carpenter, like him, and a layman, like me, is not only his skill level but also the tools he has.

I have watched Lawrence fix things by taking very simple tools and maneuvering them around in creative ways to get the job done. However, his shop is filled with specialized tools needed to do high end creations. Many of them I have no idea how to use, but he can and does.

He is a craftsman.

According to the Bible, you are a hand-crafted, God-masterpiece (Ephesians 2:10), created new when you received Jesus.

And the Master Craftsman has given you powerful and effective spiritual tools that you can use right away to increase your joy level quickly.

It really does not have to take long. In most cases, if you use these God-given tools it only takes a few seconds or a few minutes to launch a fresh booster of joy in your life. They have worked for me time after time, year after year, and they will work for you, too, because they are God's tools, God's truth, and God's power.

One Promises

For me, the starting point is always the Word of God. God and His Word are one (John 1:1). It gives us instruction, insight, and carries God's power. 2 Peter 1:4 says that it is through God's word, specifically His promises that we become "*partakers of the divine nature.*"

There are so many religions, philosophies, and ideas in our world it can be very difficult to know which ones to believe. Despite what some try to say, all religions are not the same. There are some areas of overlap, but very quickly you see MAJOR differences. They are not complimentary to one another; instead they very often teach exact opposites.

That is why God gave us a book with clear teachings on what God is like and how we can live in godly abundance. By getting to know His book well, we can steadily learn what God is like and how He designed us to live. If you want to increase your joy level or any other part of your life, you can never go wrong by starting with the Bible.

What does the Bible say About Joy?

You just read that there are over 1000 references to joy and joy related words in the Bible.

"The kingdom of heaven is not meat and drink but righteousness, peace, and joy in the Holy Spirit." (Romans 14:17)

"The fruit of the Spirit is love, joy, peace....." (Galatians 5:22)

"Rejoice always; again I say rejoice." Philippians 4:4

These types of Scriptures are not the exception; they are the rule. Having high levels of joy is clearly God's will for you!

Soak in the Promises

God's word is God's seed and thus it carries God's nature in it. Since God is the most joy-filled Being in existence, the more His word grows inside you, the more you will experience His type of joy. Every time I focus on the power of His word, it gives me fresh motivation to get that life-giving word inside me and become part of me.

As a starting point and foundation for increasing your joy level quickly, write down and then soak your mind and soul in some of the joy Scriptures that really stand out to you.

Remember that it is through the promises we experience the divine nature or the life of God.

Jesus said, *"These things I have **spoken** to you so that My joy may be in you, and that your joy may be made full."* (John 15:11)

When God's words and promises are looked at through the lens of God's love and grace, then they become a huge joy lifter. There are literally thousands of positive promises all throughout the Bible, and 2 Corinthians 1:20 says they are ALL available to us in Jesus.

If you will consistently meditate on these wonderful promises, they will produce faith, love, peace, and joy in your life. God created the universe through His words and I guarantee you they contain more than enough power to transform your soul and make you happier and more positive.

Pictures and Proclamations

I won't go deep into this here because I'm wanting to keep this short and to the point but two of the best ways to meditate on God's promises are to proclaim out loud to yourself what God says and picture it in your mind. Say and See it; Verbalize and Visualize; Proclaim and Picture.

This works powerfully in the mind and soul to produce great change especially when you do this consciously in God's presence.

Two Presence

When you step into and then learn to live in the presence of God, then the impossible starts becoming possible. Nothing is impossible for God and when you are with Him then you step into that sphere of possibility.

Isn't God everywhere? Yes, He is. He is with you every second of every day. He is with you right now, this very moment. But being aware of Him and living in that awareness takes practice and learning. I have been a believer for 30 years and because I live in this sin influenced body and my soul is still being renewed, I have to intentionally focus on God's presence. The longer I practice this the more natural it becomes, but as long as I live, I'll still have to be intentional about it. And so will you.

It is amazing, however, if I just stop and settle my mind for a minute and think about Him or open my soul to Him, how I can become aware of Him very quickly. Again, when you step into the presence of God big problems seem so small (like an ant next to an elephant). Faith begins to rise in your heart and with faith comes peace and joy.

You can do it right now if you want. Close your eyes, take a deep breath, release whatever is on your mind and focus on Him. You could say something like, "Thank you, Jesus, that you are here right now." If you are really stressed, you might need to do this a few times but keep releasing your stress and focusing on His greatness and love for you, "seeing Him and saying thanks". You will soon sense His presence in a fresh way.

God is Filled with Joy

How you see God will play a big role in your progress in learning to live in His presence. If you see Him as condemning, harsh, or displeased with you then guess what: you will have a hard time wanting to be close to Him. No one likes to hang around someone who is always getting on us or pointing out our flaws and failures.

If, however, you learn to see Him the way Jesus and the Apostles described Him, then you will want to be close to Him. The Bible says God is love and that He loves you more than any human can or will. Jesus showed great love to the outcasts of Jewish society; He will certainly show you great love as well. He finds great pleasure in you and sees you as His special child. And....

The Bible says that God Himself is filled with joy. *“In your presence is the fullness of joy and in your right hand are pleasures forever.”* (Psalm 16:11)

Don't you like to be around happy, joyful, positive people? Not the obnoxious type that have no compassion for people's pain but the type who know how to be positive and joyful in the right way. God is the most joy-filled Person in the Universe and His joy can rub off on you and fill you.

If you start practicing God's presence, **then without even trying**, some of His joy will rub off on you and start to fill you.

Three Priorities

Jesus said that if we seek FIRST the kingdom of God and the righteousness that comes from God, THEN all the other things we need in life would be added to us (Matthew 6:33). That is why Jesus would regularly challenge people to deny the selfishness we all battle, take up our cross (the place where selfishness and God's ways cross), and follow Him.

Jesus knew that selfishness is one of the biggest joy crushers. One of the quickest ways to lose joy and quench the Spirit of life inside you is to focus purely on what you want and what you feel like doing. Thinking about your needs and desires is not wrong; Scripture teaches us to love others as ourselves and to think not ONLY about what we want but also about the needs of other people (Mark 12:30, Philippians 2:3-4). But putting our selfish desires first, instead of God's purposes and plans, shuts down the divine order set by God Himself.

There is an interesting Scripture related to joy found originally in the Psalms and then quoted again in the book of Hebrews regarding the joy that Jesus had. *"You have loved righteousness and hated wickedness; therefore, God, Your God, has anointed You with the oil of joy above Your fellows."* (Psalm 45:7)

One of the reasons Jesus had so much joy was that God poured out His divine joy on Him, *"the oil of joy"*. (Remember, Jesus had emptied Himself of His divine privileges and lived as a perfect, sinless, Spirit-empowered human being.) This passage tells us the reason God could do this was because Jesus aligned Himself totally with God's priorities in loving righteousness and hating wickedness.

Please remember: Jesus does not hate wicked people. Jesus hates wickedness, and there is a big, big difference. We all have some wickedness in us, and Jesus does not hate us; He loves us more than we can imagine. He hates wickedness because it destroys real life. Jesus prioritized

His life according to God's purposes and principles: loving what is good and righteous and hating what is destructive and wicked in the world.

If you will keep God first and seek to follow Him fully, then God will pour out on you, too, "*the oil of joy.*" I have seen in my own life and the lives of many others, often, when we make that clear decision to let go of a wrong priority or a sin-practice, an immediate sense of great peace and joy come.

*This is taken from *Joy Launcher: 10 Biblical Ways to Increase Your Joy Level Quickly*. If you want to learn 7 other Biblical ways to quickly experience more of God's joy go here now:

<https://www.amazon.com/Joy-Launcher-Powerful-Biblical-Increase-ebook/dp/B00WAXJ0J2/>