

I am reminded today of an old song that Julie Andrews sang. “Just a spoonful of sugar helps the medicine go down in a most delightful way”. The same could be said of JOY. Joy is like medicine to your soul.

If you were to take a spin around my house, you would see many signs that speak of joy, a constant reminder to me to walk in it. Even as I sit at my desk writing this article, I am greeted by the word joy.



Joy, according to the dictionary, is “a feeling of great happiness or pleasure: delight”. For believers, true joy is much more than a feeling. The Bible tells us that joy is one of the fruit of Holy Spirit.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.

Galatians 5:22,23 (NET)

The next few verses of this chapter tell us that we are to crucify the flesh so we can live by the Spirit. In other words, we are not to live by our emotions, so we can have the fruit of Holy Spirit operating in our lives. If we are to have true JOY, we must crucify self and let Holy Spirit operate through us and exhibit this fruit for the world to see.

JOY is not about everything going good in our lives with no problems. It is about knowing our Father and His heart of love for us. It is about knowing who we are (our identity) in Him. We are in Him, and He is in us.

Peter, in his second letter, wrote about his prayer for believers. He prayed that grace and peace would be lavished on them as they grew in the knowledge of God and His Son. Peter could confidently pray this way for believers because he knew our heavenly Father has given us EVERYTHING that is NECESSARY for life and godliness. By getting to know our Father, we begin to understand that we are partakers of His divine nature. JOY is a part of that nature.

The Greek word for “partakers” means “partner, one who shares”. Even though I title these little studies “spoonful of JOY”, what is available to us is way more than a spoonful. What I am giving you is a small dose of what joy should mean to you. As our knowledge of God increases, our experience of His divine nature increases. JOY is a part of that divine nature.

Our heavenly Father is not giving us a dose of JOY; He has given us Himself who is full of joy, as well as all the other things mentioned in this first chapter of II Peter.

Peter continues to explain that if we do not operate in the truth of what we have, it is because we are blind.

My prayer for you today, dear readers, is the same as Peter's prayer. The Passion Bible says it this way, "**May grace and perfect peace cascade over you as you live in the rich knowledge of God and of Jesus our Lord.**" Vs 2

Everything we could possibly need for living the life God intended for us to live has been given to us by God's divine power. I pray our eyes be open to see and understand this. Through His great love, He has told us His very Divine nature is a part of us as well. Only with an understanding of this can we escape the corrupt desires of this world and enter the JOY of His Kingdom! Let us not be blind any longer!