

by Dr. Steve McVey

# Restoring

the

# JOY

*Life can be hard. Sometimes the things that happen simply make no sense to us. We want to trust Christ in every circumstance, but it seems that our emotions lack the faith that we may be affirming in our minds. What is the answer when feelings contradict our faith? A few simple reminders can help to*

*restore our joy when feelings aren't what we want.*

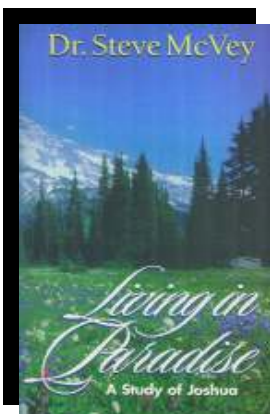
*1. Realize that feelings don't always line up with our faith. Job was a man who had plenty of negative feelings. (Read Job 23:1-10.) However, his faith in God never wavered. It doesn't mean that you don't have faith in God just because you*

*may feel emotionally low at a particular moment. Job proved that fact. So did Jesus in the garden of Gethsemene.*

*2. When negative feelings come, determine what is the truth. How do we know the truth? From the Bible by faith.*

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## To learn more...



Legalism has held many Christians captive for far too many years. Within the heart of every believer resides a longing to know freedom; a hunger to experience life to the fullest. God's plan for each of us is that we live in paradise. It isn't necessary that we die and go to heaven before we enjoy it either, because paradise is a person named Jesus.

In Steve's audio tape series, *Living In Paradise*, you will begin to enjoy the life of living in paradise! Some of the topics include:

- ◆ Passing Through Deep Waters
- ◆ When God Fights our Battles
- ◆ Overcoming Personal Failures
- ◆ Impossible Situations
- ◆ A New Beginning
- ◆ Your Ticket to Paradise



We must know what God says about a matter in order to know the truth. That's one reason Bible study is important for the Christian.

**3. Affirm the truth once we know it.**

Simply affirm the truth of God's Word as it relates to your circumstances. Jesus said that when you know the truth, it will "set you free." We may not feel like what God says is true, but we can affirm it by faith.

**4. Renounce the lie.** Feelings often tempt

us to believe lies about God. We may feel that God doesn't care about our situation, that He is removed from our circumstances, or even that He is against us. We must not only affirm the truth, but renounce the lies that would bring us down.

The Christian can persevere through negative feelings by acting in faith despite what he may feel. It isn't feelings that animates our lives, but the indwelling life of Christ!

Hi, I'm Steve McVey, President of Grace Walk Ministries, and we are thrilled that you have let us send you these proven, biblical principles that will help you restore the joy in your life as a Christian.

Grace Walk is a teaching and training ministry which exists for the purpose of sharing the life of Jesus Christ with others. Our mission is to help Christians discover the freedom of their new life in Christ. To this end, we use conferences, mission trips, Bible studies, books, newsletters, audio and video tapes, television, radio and the world wide web.

Again, thank you so much for this opportunity to serve you. There's lots more in store at our web site. Be sure to visit us there at [www.gracewalk.org](http://www.gracewalk.org). We hope you'll drop by for a visit and that you'll tell a friend about us.

In Him,



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