



14 Tips on Leading with Joy

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You are perhaps unhappy because of several failed attempts to live your dreams or accomplish your goals? Now you could be thinking of how happy you could be if only you knew what to do. As you lead, you can learn valuable tips that can be put into practice immediately to help you start creating a joy-filled life where your dreams and goals become a reality!

Make a decision to:

- Find a quiet place with or without your favourite meditation music and your Journal.
- Make a conscious decision to lead with joy today.
- Read the daily scripture and accompanying each thought.
- Take a moment (about 5-10 minutes) to close your eyes and reflect on the scripture and thought.
- Now it's time for Reflection. Write for 5-10 minutes; take a few extra minutes – if needed. Make note of any word, feeling, emotion, or ideas on the title for that day. Now go act on it.

14 Tips to Begin Leading with Joy:

1. Planning Joy

Knowing that the joy of the Lord your God will bless you in all your harvest and in all the work of your hands, and your joy will be complete should be a great motivation. Go ahead and plan to have a joyful work day! Don't allow the cares of life to hinder that planning session. Focus on the end result you want to obtain – complete joy – not on the disappointments of loved ones or deadlines not met in the past. Make the decision to include “plan joy” in your things to do list and expect complete joy at the end of the day – no matter what!

2. Creating Joy

Look around at God's creation today. What are you experiencing? List ONLY the things that bring joy to your soul. It could simply be the fact that you are breathing, or an accomplishment, or a loved one. Go ahead and list it – take 5 minutes of uninterrupted time and go for it. You will be amazed at how much joy you can receive from this exercise if you just let go and experience those joyful experiences that life brought you and continues to bring you.

3. Sing for Joy

What makes you sing for joy?! Is it laughter with friends? Or receiving a gift? Succeeding at your career or business?! What about purchasing a home?! Or going on a shopping spree?! These things make one happy, but for a moment – could be a long moment or a short one. What does it matter – long or short?! When this happiness is gone, is there still joy? Joy that makes you stop to sing?! That assurance that whether I have laughter with friends or keep my new home or have enough money for a shopping spree, I can smile from the inside out – for real!!! This joy can only be found in JESUS!!

His unfailing love will satisfy you in the mornings of your lives that you can sing for joy and be glad all your days. Come into relationship with the Master of your life and start to sing for joy!

4. Restored Joy

Growing up in the church environment gifting was embraced in my life and I was “called out” to stretch in areas where elders thought fit, I got the opportunity to serve in God's kingdom with freedom. Servitude in this way continued throughout my life until my recent years where there seem to be stumbling blocks or policies that keep me from serving the local church; while I have strengths, gifting and talents that I use to serve my community and the world. Feelings of frustration, anger, confusion and questions lead me back to the Father – “Restore to me the JOY Lord! Sustain me with a willing spirit.” Are you celebrated where you fellowship? Does it build

you up or weaken you? It's time to get help to restore the joy within you that wells up when your talents and gifting are embraced. A mentor or life coach can help you along the journey of restoration.

5. Consider Joy

I am blessed with a wonderful family who are passionate about their lives and future dreams, yet at times I become concerned about some of their choices which can become overwhelming. These times of reflection leads me to my knees. Let those times draw you to your knees – closer to the Father. You need His forgiveness for each day concerning your wrong approach to the times of overwhelm no matter what the cause. Consider the times of sorrow or overwhelm you experienced throughout your life and begin to remind yourself of the joys you experienced in or after those moments.

Pray: “Father, I will stay close to you, learning, growing and becoming the best person I can be. Teach me, show me, and guide me as I consider the joy in pain while leading others.”

6. Sorrow Turned Joy

One of my favourite scripture in from Nehemiah 8:10 – “Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for [this] day [is] holy unto our Lord: neither be ye sorry; **for the joy of the LORD is your strength.**”

I have been in a place of sorrow, disappointment, overwhelm, and grief. Yet I had been in a place of opportunity, success, growth, love and pleasure. How can that be?! Complete opposites that can take you to the highest high and the lowest low. It's time to turn your sorrow into joy!

Have you had a failed contract at the last minute? This time can be used as an opportunity to expand your horizon, by seeking out other opportunities. There is no more time for me to be spending in the lowest low, it's time to move and remain in the highest high. To reach for this high, you MUST allow the joy of the Lord to be your strength.

Pray: Lord and Father of my life, I breathe you in this morning and allow your joy to become so full in me, so that I can be the person of strength you designed me to be. Thank you for filling me with your joy... always.

7. Fullness of Joy

Oh what joy to be in His presence; to feast on His goodness, His unfailing love, and knowing that

my inheritance is in Him. Let full joy flow out from your heart where you have nothing to worry about! Look at the lilies of the field?! Spring and summer time they are in the most awesome array of colors. Fall the leaves tell such a wonderful story and then are no more. When winter arrives, they become wilted and worn by the change in temperature, covered over by snow or cut back to stalks as they rest in readiness for next spring. There is always a time of looking forward to those beautiful colors to arrive once again in my garden.

These seasons express themselves in our lives and we ought to anticipate them with joy. This joy is the same no matter the season. A joy found in Jesus alone. Show us the path of life Jesus, so that we become so full with your joy, and delight in an abundance of pleasure. Fill yourself up with joy! Research all the scriptures in the Bible that speaks of joy. Write down your 10 favourites on 3x5 cards. Keep them in with you always, memorize them, and when you feel your joy running dry, pull one out and re-fill your spirit with joy.

8. Shout For Joy

Have you ever watched a fight?! Cheering on your friend who was beating the “daylight’s” out of the other person?! Most of the time these fights are about real trivialities; who is better than the other, or who has taken away the other friend. The picture of a fight with others cheering on, came to mind as I thought about how we can shout for joy because we have a great “Defender.” We know we will always come out victorious because He never fights and loses – we win because He wins and that is more than reason to rejoice. So today, let Him fight your battles and you stand in the sidelines and shout for joy. Even while the fight is going on you can claim the victory. He wins every time! Give Him your struggles, pain, anxieties, and whatever else that are giving you a fight today. Your job is to shout for joy! Think of yourself cheering on your favourite sports team. You shout words of affirmation to them from the grandstands hoping that they will hear you and are encouraged. As you cheer on Jesus you will be encouraging yourself in His word and before you know it you have come out victorious.

Begin to shout for joy!!! All your battles are already won!!

9. Days of Joy

Turn up the music, cook a special meal, bake some yummy desserts, and a delicious fruit drink. Then call over your friends to join the party! This is what you do when you have something to rejoice about. Are you breathing? Rejoice! Are

you healthy? Rejoice! Do you have a car? Rejoice! Do you have children? Rejoice! Do you have a roof over your head? Rejoice! Think of all the reasons you have to rejoice, and go ahead and have a JOY party!!! Let others hear you from afar and begin to host joy parties everywhere!

You can generate days of joy in this world and in your life by rejoicing in the Father and be glad for the marvellous things He has done in your life!

10. Joy in Sorrow

When the party is over, what do you do?! When you have an everlasting joy, it sustains you whether or not there is a party. The joy of the Lord causes you to be joyful when there is insistent sorrow; like that of a sister who is suffering from breast cancer, or a friend's mother with Alzheimer's disease. Choose to glorify the God of your salvation, believing that what He says He will do. Though the circumstances look dark behind it there is a silver lining, though sicknesses seem to be destroying your relatives' body, they will rise again. Drawing strength from the joy of the Lord gives hope. Hope in God. Hope in the future! And stand in faith that healing is complete!

Be consoled today and hold fast to the word of God – which will uphold you even when the party is over! Job 6:10 states, "Then I would still have this consolation— my joy in unrelenting pain— that I had not denied the words of the Holy One."

11. Greater Joy

When trouble is all around and everyone seem to be against you, let gladness fill your heart from an assurance that God will hear you. He hears you because of your obedience toward Him – as you diligently seek his face and trust His word. Food and drink may not be plenty, yet He fills your heart with GREATER joy in the midst of trouble.

Set your heart in the right place to receive your abundant joy. This joy will come spilling over into your heart, mind, home, and upon your every interaction. Giving you peace in the midst of trouble, sorrow, pain, or overwhelm. Receive the joy God has so lavishly poured out upon you – get on the joy ride. He will fill your heart with greater joy than when food and drink is plentiful.

12. Joy in Obedience

Joy comes from the blessings poured out on you when you are not influenced by wrong or immoral guidance; when your life is lived out in such a way that a godly legacy is left wherever you go – while you are alive and upon your earthly

demise. You are blessed and set apart! That is the word God gives to those who are faithful to delight in His law and meditate on it day and night. Fruit will continuously abound in your life, home, business, family, and all that you put your hands to. Failure will not be your end as whatever you do will prosper. That is more reason than ever to be joyful!!!

Psalm 1:1 "BLESSED (HAPPY, fortunate, prosperous, and enviable) is the man who walks and lives not in the counsel of the ungodly [following their advice, their plans and purposes], nor stands [submissive and inactive] in the path where sinners walk, nor sits down [to relax and rest] where the scornful [and the mockers] gather." (AMP)

13. A Mouthful of Joy

There are times when there seems to be no joy in your life. There is an emptiness inside that you just cannot explain. It's like being thirsty and there is water around, or not able to breathe when you are out in fresh air. The Psalmist David said, "Weeping may endure for a night, but joy cometh in the morning." Take courage in knowing that you will once again experience overflowing joy in your life that will cause you to spread joy and laughter everywhere you go. Job 8:21 (NLT) – He will once again fill your mouth with laughter and your lips with shouts of joy.

14. Working with Joy

When your joy have run dry within your work environment, or home, or relationships take refuge in the Father and be glad. You can sing for joy forever. He will spread protection over them that love Him and rejoice in you. Who are you working for?!

As I reflect on "Joy for Today" my heart is full – full of the joy of the Lord. I can be joyful in the rains. I will hum, laugh, sing, shout and jump for joy! God is my refuge and strength. His joy gives me all the strength I need to face the day. I have no option but to trust Him wholeheartedly. He is everything that I live for – I could never live without His joy!

Psalm 9:1 (The Message) – I'm thanking you, God, from a full heart, I'm writing the book on your wonders. I'm whistling, laughing, and jumping for joy; I'm singing your song, High God.

Psalm 5:11 –

✚ But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.

- ✚ But let all those who take refuge and put their trust in You rejoice; let them ever sing and shout for joy, because You make a covering over them and defend them; let those also who love Your name be joyful in You and be in high spirits.

- ✚ But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.