

# Choose Joy

**in big doses!**



*by Sandra Gool, RN*

With Encouragement From God's Word

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God Almighty Christian  
Community Services

**GACCS**

**A** ccording to the Health Care Industry the stresses of life can deplete the body of vital nutrients. Blood tests can detect levels of some vitamins and minerals, and we are encouraged to take supplements to improve health and wellbeing.

### **The Stresses of Life Can Also Rob Us of JOY!**

In fact, some of us have gone so long without **JOY**; that if there was a test, the “level of **JOY** in the blood” would be too low to detect.

### **~ But There Is A Remedy ~**

**Not in the drug store, or the Doctor’s office,  
It’s not a drug.**

**It’s a Balm; Jesus Christ is the Balm in Gilead, and  
He brings the Oil of **JOY** to comfort  
and sooth our soul  
(Isaiah 61:3).**

- **He understands our suffering because he suffered too. He suffered the humiliation of death on the Cross because He knew that **JOY** was on the other side (Hebrews 12:2).**



- His **JOY** was victory over Satan, Hell and Death. His **JOY** was laying down His sin-less life as payment for our sin-filled lives.
- His **JOY** was winning our Salvation and our Peace with God.
- His **JOY** is the love of His Father, and knowing that His Father is well pleased with Him.
- His **JOY** was that God the Father would exalt Him to Lord and Christ (Philippians 2:9).

The Word of God promises that our weeping may endure for a night, But **JOY** comes in the morning (Psalms 30:5).



We know the “night” can last for days, weeks or longer. But the “night season” of weeping won’t last, because the God of all comfort promises to come in the morning with **JOY**.

- The reason He is sure our weeping will end is because He knows how many tears we will shed. Just as He numbered our hairs; He collects our tears in a bottle (Psalms 56:8).
- He comes and gives beauty for ashes (Psalms 61:3).
- And comforts those who mourn (Matthew 5:4).

**JOY** is one of the fruits of the Spirit, and a gift from God  
(Galatians 5:22)

**It's part of the believer's Benefit Package!**

This is not the same joy the world gives. The world gives temporary happiness from gifts, earthly wealth, or pleasures.

- Real **JOY** is the satisfaction of knowing that our saved loved ones who have passed away are safe in heaven in the arms of the Savior.
- Real **JOY** is knowing that as believers, we too will spend eternity in heaven in a place prepared for us (John 14:3).

- Real **JOY** is knowing that the Lord is always fighting for us (Exodus 14:14).
- Real **JOY** is knowing that the Lord promises to supply all of our needs (Philippians 4:19).
- Real **JOY** is knowing that The Lord has a plan for our lives and a good end (Jeremiah 29:11).
- Real **JOY** is knowing that before we call, the Lord will answer, and before we finish our petition, He hears us (Isaiah 65:24).

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Then, maybe, we haven't really lost our **JOY**; maybe we just misplaced it.



- Sometimes we lose sight of **JOY** when we grumble and complain about our circumstances instead of learning to be content.



- Sometimes **JOY** gets buried under the weight of our troubles. We look at the troubles instead of the **JOY** of the Lord underneath.
- Sometimes the world tries to steal our **JOY** by hitting us with trials and tribulations.
- They cause us to forget that we should count trials and tribulations as **JOY**, the time when God shows His strength in us (Ephesians 6:10).

So, the Best Supplement to replace low levels of **JOY** is

(Psalms 1:2; 1 Thessalonians 5:12; Deuteronomy 11:18-21; 2 Timothy 2:15).



**Prayer and the Word of God; Taken Several Times A Day; Every Day.**



**Lord, God of all comfort; Thank you for  
loving us enough to send your  
Son to bring us **JOY**.**

**Open our eyes so we can clearly see the  
**JOY** you blessed us with,  
and forgive us when we squander it  
or take it for granted.**

**Help us to take **JOY**, cherish it and allow  
your **JOY** to be our Strength.  
Amen.**



## ABOUT US . . . Our Philosophy

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GACCS is a 501(c)3 non-profit entity that uses volunteer professional and para-professional resources. **We are small but effective!** GACCS clearly understands the principle of taking little and making much.

GACCS believes that “the solution for all man’s problems for total healing is grounded in the Word of God” This belief leads to a commitment to provide a Christian framework for the resolution of emotional, psychological, spiritual and medical problems that will result in “...the perfecting of the saints for the work of the ministry, for edifying the body of Christ, till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fullness of Christ” Ephesians 4:12 – 13.

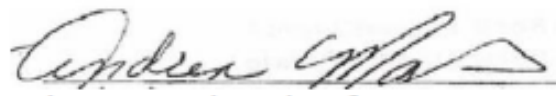
GACCS Services include: Individual & Group Counseling, Psycho-Education Groups, Men on A Mission Mentoring Services, Senior Outreach Services, Women Support Group, and many others services for positive life style change.

Consider GACCS when making contributions, as our primary funding source is those that chose to give as they benefit from information and services shared. Tax statements are provided for all contributions. **Send your donation to GACCS 47448 Pontiac Trail, Ste.337 Wixom, MI 48393** that someone else can benefit from words of encouragement.

Regardless of whether we have sown seed into your life or you have prayed that such services would be available for someone you know, we now offer you the opportunity to sow into the lives of others.



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