

Nehemiah 8:10b “the joy of the LORD is your strength.”

Psalms 30:5b Weeping may tarry for the night, but joy comes with the morning.

Hebrews 12:2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Proverbs 27:17 **Iron sharpens iron**, and one man **sharpens** another.

1 John 1:1-4 That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, concerning the Word of life—the life was manifested, and we have seen, and bear witness, and declare to you that eternal life which was with the Father and was manifested to us—that which we have seen and heard we declare to you, that you also may have fellowship with us; and truly our fellowship is with the Father and with His Son Jesus Christ. And these things we write to you that your joy may be full.

Jeremiah 15:16 Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O LORD, God of hosts.

Romans 14:17 For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and **joy** in the Holy Spirit.

Proverbs 17:22 A joyful heart is good medicine, but a crushed spirit dries up the bones.

Galatians 5:22-24 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

John 15:11 These things I have spoken to you, that my joy may be in you, and that your joy may be full.

Psalm 126:5 Those who sow in tears shall reap with shouts of joy!

James 1:2 Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

PRACTICAL WAYS TO ADD JOY TO THE JOURNEY:

1 - Make up your mind/abide in the Word – decide that you will enjoy each day. Develop a new mindset. Have a good attitude, There's no reason to be miserable "I choose not to have that rather than I can't have that." Take every thought captive. No deprivation!

2 - Get others involved – don't walk alone! Help someone else. Find a community/a buddy – "Iron sharpens iron." (Proverbs 27:17 Iron sharpens iron, and one man sharpens another.)

3 -Join a challenge group (online or at a gym)

4 - Try new recipes & foods – cooking healthy food is fun!

Try new products – it's a blast!

Experiment with new seasonings (herbs, spices, sauces)

Try new activities! Find something you LOVE!

5 - Track & measure – the gamification aspect can be fun!

6 – Eat mindfully: slow down and engage all your senses – Savor!