[9] Then Nehemiah the governor, Ezra the priest and teacher of the Law, and the Levites who were instructing the people said to them all, “This day is holy to the Lord your God. Do not mourn or weep.” For all the people had been weeping as they listened to the words of the Law.

Nehemiah 8:9 (NIV)

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[10] Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.”

Nehemiah 8:10 (NIV)

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The Discipline
of Joy

Strength

מָעֻזְּכֶם

mā'uzzĕkem — from mā'ôz, with the suffix "your"

Meaning A fortress, refuge, or place of safety.

Root "Be strong" + "Take refuge"

A strong place you run into.

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[4] Rejoice in the Lord always. I will say it again: Rejoice!

Philippians 4:4 (NIV)

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[16] Rejoice always, [17] pray continually, [18] give thanks in all circumstances; **for this is God's will for you in Christ Jesus.**

1 Thessalonians 5:16–18 (NIV)

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