

Week 3

Day 1

This time of the year is considered a season of joy. Joy! What a wonderful and exhilarating word. Joy is so much more than mere happiness. Joy is happiness on steroids. It is more than excitement or momentary pleasure. It goes deeper within our being and carries us through crisis and celebration.

In this gift-giving season, joy is a gift from God's hand to our human hearts. He gives His Spirit to empower and enable us to laugh and live fully in all seasons (Galatians 5:22). He is our eternal hope and salvation.

Christmas can be stressful, frustrating, tiring, and expensive. We can miss the joy if we are distracted by the hype and hoopla. In this time of Advent, may we remain focused on the Giver and the Gift.

## Prayer

Father, we rejoice in You. You are our exceeding joy. Amen.

## Call to Action

Purpose to spend some quiet moments each day with the One who is your joy.