



by Dr. Steve McVey

Restoring

the

JOY

Life can be hard. Sometimes the things that happen simply make no sense to us. We want to trust Christ in every circumstance, but it seems that our emotions lack the faith that we may be affirming in our minds. What is the answer when feelings contradict our faith? A few simple reminders can help to restore our joy when feelings aren't what we want.

1. Realize that feelings don't always line up with our faith. Job was a man who had plenty of negative feelings. (Read Job 23:1-10.) However, his faith in God never wavered. It doesn't mean that you don't have faith in God

just because you may feel emotionally low at a particular moment. Job proved that fact. So did Jesus in the garden of Gethsemene.

2. When negative feelings come, determine what is the truth. How do we know the truth? From the Bible by faith.

We must know what God says about a matter in order to know the truth. That's one reason Bible study is important for the Christian.

3. Affirm the truth once we know it. Simply affirm the truth of God's Word as it relates to your circumstances. Jesus said that

when you know the truth, it will "set you free." We may not feel like what God says is true, but we can affirm it by faith.

4. Renounce the lie. Feelings often tempt us to believe lies about God. We may feel that God doesn't care about our situation, that He is removed from our circumstances, or even that He is against us. We must not only affirm the truth, but renounce the lies that would bring us down.

The Christian can persevere through negative feelings by acting in faith despite what he may feel. It isn't feelings that animates our lives, but the indwelling life of Christ!



Hi, I'm Steve McVey, President of Grace Walk Ministries, and we are thrilled that you have let us send you these proven, biblical principles that will help you restore the joy in your life as a Christian. Grace Walk is a teaching and training ministry which exists for the purpose of sharing the life of Jesus Christ with others. Our mission is to help Christians discover the freedom of their new life in Christ. To this end, we use conferences, mission trips, Bible studies, books, newsletters, CD and DVD Studies and my weekly Sunday Preaching message broadcast via our website.

Again, thank you so much for this opportunity to serve you. There's lots more in store at our web site. Be sure to visit us there at www.gracewalk.org. We hope you'll drop by for a visit and that you'll tell a friend about us.

In Him

A handwritten signature in blue ink that reads "Steve McVey".

flip over for another article by Steve

Living In Love - by Steve McVey

It isn't enough to simply acknowledge intellectually that God loves you. To restrict God's love to the intellect alone will greatly limit our ability to enjoy Him. The raging fire of His love seeks to permeate your mind, your emotions, and your will. Then, having ravaged your soul, His love will leap from your life, through your actions, onto those around you, like a fire that jumps from one tree in the forest to another.

God wants you to both know and to feel His love. There seems to be an overemphasis in many circles, either by focusing on experiencing God through the mind to the exclusion of the emotions, or vice-versa. One group accuses the other of emotionalism while the second views the former as being either afraid or ignorant of the Holy Spirit. One may claim to be led by the Bible, while the other professes to be led by the Spirit, but neither extreme is a biblical position.

God wants His love to invade every part of our being. A balanced life is one in which we clearly understand His love intellectually, deeply experience His love emotionally and purposefully live out of His love volitionally. With life in balance, the written Word guides us objectively and the living Word within guides us subjectively.

From out of the center of His love, we are then able to live the carefree, abundant life that Jesus Christ came to give us. God wants you to enjoy life. He wants you to gulp it down by the gallon!

We have a powerful innate drive to drink deeply of life and, thus, of God — to come to the end of our lives saying that we've truly lived. That this urge belongs at the heart of a person's life makes the circle complete. Life is good!

There is, however, another side. While we long to live this way, most of us are actually terrified to do so. Confronted with the opportunity to dance with life, we cling to our inhibitions and fears and our little ways of skulking in the shadows of uninvolvedness. We may tap our toes, but we're firmly glued to our chairs. We aren't easily persuaded to get up and dance.

As I read Henry David Thoreau's, *Walden Pond*, I was struck by his desire to "suck the marrow from life." It described my own zest for living. What Thoreau thought he could find in nature, I knew could be found in Jesus Christ.

Imagine a life in which the fire of God so consumes you that you lose all inhibitions; a life in which you charge forth confidently into every day with the assurance that God will guarantee your success that day. This life isn't imaginary, it's real! When we live from the blazing glory of His love for us, that is the life we can live.

Tony Campolo once said in a speech, "Most of us are tiptoeing through life so we can reach death safely. We should be praying, 'If I should wake before I die.' Life can get away from you. Don't be satisfied with just pumping blood." There is an abundant life for the taking for those who have the assurance of God's unconditional love and commitment to us.



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