

# PEACE & JOY IN THE HOLY GHOST

## Humble Yourself

**I. No peace or joy in judging, despising, harshness**-*Rm14:1-Him that is weak in the faith receive ye but not to doubtful disputations (contentious arguments).<sup>2</sup>For one believeth that he may eat all things: another who is weak eats herbs.<sup>3</sup>Let not him that eats despise him that eats not and let not him which eats not judge him that eats...<sup>4</sup>Who art thou that judges another man's servant?<sup>10</sup>Why dost thou judge thy brother? or why dost thou set at nought thy brother...<sup>13</sup>Let us not therefore judge one another anymore...<sup>17</sup>For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.<sup>19</sup>Follow after the things which make for peace-***Js3:16-Where envying and strife is there is confusion**

To walk in joy and peace we must stop judging, despising, being harsh

A. What you yield to you give place to and get full of-Yield to judging, despising, harshness and you'll get full of the opposite of joy and peace

**II. Pride is a peace robber, a joy thief**-*The prouder you are the more you'll judge and despise, the harsher and more contentious you'll be and the less peace and joy you'll experience*-**Pr29:23-Man's pride shall bring him low (depress)**

A. Pride is at the root of this judging, despising, harshness, contention

These debates came by pride -

1. Pride is given to strife (Agitation produced by opposition)-**Pr13:10-Only by pride cometh contention [strife]-MS-Arrogant know-it-all's stir up discord; DRB-Among the proud there are always contentions-WEB-Pride only breeds quarrels**

2. Pride despises (Little of others, much of self)-**Pr21:24-Proud and haughty scorner [despiser] is his name who deals in proud wrath [crossing over from peace]**

3. Pride deals in wrath (Anger, exasperation, indignation)-**Pr21:24**

4. Pride judges-It thinks it's somebody, it's higher-**Js4:12-There is one lawgiver who is able to save and to destroy: who art thou that judges another?**

B. When you're humble you're gentle and kind-**Pr11:2-With the lowly is wisdom-Js3:17-The wisdom that is from above is first pure, then peaceable [peacemaking, free from feuds, unagitated], gentle and easy to be intreated, full of mercy [tender, kind] and good fruits, without partiality [judging] and without hypocrisy**

C. The more humble you are the less you judge/despise/wrath/strife and the more peace and joy you have-**Pr12:20-NET-Those who promote peace have joy-Ps37:11-Meek [humble, gentle] shall delight themselves in the abundance of peace-Is29:19-Meek shall increase their joy in the LORD-Ps138:6-Hath respect unto the lowly but the proud he knows afar off-Ps34:18-GW-The Lord is near to those whose hearts are humble-Ps16:11-In thy presence is fullness of joy-Ph4:9-God of peace shall be with you**

1. He was gentle, humble, didn't judge, Prince of Peace, anointed with oil of gladness-**Mt11:28-Come unto me, all ye that labor and are heavy laden [burden with spiritual anxiety, load up] and I will give you rest [peace, inner rest].<sup>29</sup>Take my yoke upon you and learn of me for I am meek [gentle] and lowly [humble] in heart and ye shall find rest [inner tranquility] unto your souls-Jn12:47-If any man hear my words and believe not I judge him not-Is9:6-Hb1:9**

**III. To walk in peace and joy we must stop this judging, despising, harshness and to cut that off at the root we must humble ourselves and come out of pride**-**1Pt5:6, Js4:10-Humble yourselves-Pr6:3-Go humble thyself-2Ch7:14-If my people...shall humble themselves-Ex10:3-How long wilt thou refuse to humble thyself**

A. Pride-1.High, above-To lift oneself above others coupled with a despising of others-2.Arrogant-Unreasonably high claim of merits, estimation, importance-3.Raise in smoke, wrap in mist, becloud, stupefy-Dim grasp of reality-4.Pretending to be what one is not-To

judge, despise, be harsh you have to pretend like you have no faults  
**Ob1:3**-The pride of thine heart hath deceived thee, thou that dwellest in the clefts of the rock, whose habitation is high; that saith in his heart, Who shall bring me down to the ground? <sup>4</sup>Though thou exalt thyself as the eagle, and though thou set thy nest among the stars, thence will I bring thee down, saith the Lord; **Mt7:1**-Judge not, that ye be not judged...<sup>3</sup>And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye? <sup>5</sup>Thou hypocrite (pretender)

- B. Humility-1.Low, not rising far from ground 2. Correct estimate of ourselves 3. Humus (Latin)-Ground, earth, soil-Rather than living in the clouds in some fantasy world you come down to earth or reality-**2Co12:6**-For though I would desire to glory (boast), I shall not be a fool; for I will say the truth: but (moreover) now I forbear, lest any man should think of me above that which he seeth me to be, or that he heareth of me.
- C. You humble yourself by being honest-We're not debasing ourselves we are just being honest, acknowledging the truth and reality
1. IN-YOU truths-**1.You are nothing**-**Ga6:3**-If a man think himself to be something, when he is nothing, he deceives himself-**2.You know nothing**-**1Cor8:2**-If any man think that he knows anything, he knows nothing yet as he ought to know-**3.You can do nothing**-**Jn15:5**-Without me ye can do nothing-**4.You have nothing**-**1Cor4:7**-What hast thou that thou didst not receive? now if thou didst receive it, why dost thou glory, as if thou hadst not received it?
  2. You are not different-**1Cor4:7**-For who maketh thee to differ from another?
  3. You are not better than anyone-**Rm12:16**-Be of the same mind one toward another. Mind not high things, but condescend to men of low estate. Be not wise in your own conceits-**CJ**-Don't think yourselves better than others; **Rm3:9**-What then? are we better than they? No, in no wise-**Ph2:9**-In lowliness of mind let each esteem other better than themselves-**Rm12:3**-To every man that is among you, not to think of himself more highly than he ought to think
  4. You have made mistakes-**Rm3:23**-For all have sinned
  5. You don't have it all together-**Ec7:20**-**CJ**-For there isn't a righteous person on earth who does only good and never sins

#### IV. NOTES

- A. Who am I to be hard on another?—**Mt18,Ps37:6-11**
- B. Judging, despising, wrath, contention happens when we believe we're higher than others—Smarter, have it more together, more enlightened
- C. **Pr28:25**—*He that is of a proud heart stirs up strife (contention, quarrel)*
- D. **Pr3:17**—*Her ways are ways of pleasantness, and all her paths are peace.*
- E. **Ph2:3-AC**—*In the true spirit of humility (lowliness of mind) let each regard the others as better than and superior to himself [thinking more highly of one another than you do of yourselves]*
- F. **Ep2:3**—*We all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind;*
- G. 1 Peter 3:4, 2Timothy 2
- I. Brother Keith if you were any more laid back you'd be in a coma—A pastor wanted to come and shadow him in healing school for a week or two. There was school classes, prayer school, healing school and it was like 4:00 in the afternoon, I sat down in the office, he came in and sat down across from me and I said, "Wooo, praise God." He said, "Brother Keith can I say something?" I said, "Yeah what?" He said, "If you were any more laid back you'd be in a coma." I said, "Thank you very much." I'm not supposed to be worried, anxious, scared and panicking
- V. **We are to live in peace and joy—Rm14:17-KJ**—*The kingdom of God is not meat and drink but righteousness and peace and joy in the Holy Ghost; Rm15:13*—*The God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost; 1Pt5:7*—*Casting all your care upon him; for he careth for you; Jn14:27*—*Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid;*
- A. Believers are to be glad—**Ps32:11**—*Be glad in the LORD, and rejoice, ye righteous: and shout for joy, all ye that are upright in heart—Ps35:27*—*Let them shout for joy, and be glad, that favour my righteous cause—Ps40:16*—*Let all those that seek thee rejoice and be glad in thee—Ps64:10*—*The righteous shall be glad in the LORD—Ps68:3*—*Let the righteous be glad; let them rejoice before God: yea, let them exceedingly rejoice—Ps70:4*—*Let all those that seek thee rejoice and be glad in thee—Ps149:5*—*Let the saints be joyful in glory: let them sing aloud upon their beds.*
- B. There is a joy that's inexpressible—**1Pt1:8**—*Yet believing, ye rejoice with joy **unspeakable** (unutterable, inexpressible) and full of glory; ER*—*Cannot be explained; GNB*—*Joy which words cannot express; NTE*—*Joy that goes beyond anything words can say,*
- C. There's supposed to be a joy in faith—**Ph1:25**—*Having this confidence, I know that I shall abide and continue with you all for your furtherance and joy of faith; CJ*—*I know I will stay on with you in order to help you progress in the faith and have joy in it; CSB*—*For your progress and joy in the faith*
- D. Finish our course with joy—**Ac20:24**—*None of these things move me neither count I my life dear unto myself, so that I might finish my course with joy, and the ministry, which I have received of the Lord Jesus, to testify the gospel of the grace of God*

- E. There is a peace not understandable-**Ph4:7-KJ-CEV**-No one can completely understand-**GNB**-Far beyond human understanding-**ISV**-Beyond anything we can imagine-**WEY**-Transcends our powers of thought-**EX**-So great we cannot understand it
- F. The opposite of this is heaviness-It is oppression of the soul-**Js4:9**-Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness [sadness, a downcast look of expressive sorrow, gloom, grief, weight, depression of spirit, oppression]
- G. **How peaceable you are affects your peace and joy-Js3:14**-But if ye have bitter [sharp, harsh, cruel] envying [heat, indignation, wrath] and strife [contention, quarrel, irritate] **IN YOUR HEARTS**, glory not, and lie not against the truth. <sup>15</sup>This wisdom descendeth not from above, but is earthly [worldly], sensual [natural], devilish. <sup>16</sup>For where envying and strife is, there is confusion [instability, commotion, agitation, disturbance] and every evil work. <sup>17</sup>But the wisdom that is from above is first pure [clean, modest-not arrogant], then peaceable [ST-Pacific-Peace-making, calm, tranquil, W18-Free from feuds, quiet, undisturbed, unagitated], gentle [moderation], and easy to be intreated, full of mercy [compassion, tender, kind] and good fruits, without partiality [judging], and without hypocrisy.
- H. Proverbs 30:12:13-There is a generation that are pure in their own eyes and yet is not washed from their filthiness; There is a generation, O how lofty are their eyes and their eyelids are lifted up
- I. Is16:6-We have heard of the pride of Moab; he is very proud: even of his haughtiness, and his pride, and his wrath: but his lies shall not be so.
- J. Jer48:29-We have heard the pride of Moab, (he is exceeding proud) his loftiness, and his arrogancy, and his pride, and the haughtiness of his heart.<sup>30</sup>I know his wrath, saith the Lord; but it shall not be so; his lies shall not so effect it.
- K. Ps31:18-Let the lying lips be put to silence; which speak grievous things proudly and contemptuously against the righteous
- L. Ps59:12-For the sin of their mouth and the words of their lips let them even be taken in their pride: and for cursing and lying which they speak

Humility-H3665-Bring down (low), humble (self), lowly, meek; H6035-Depressed, gentle, lowly, meek; A.Heb-Spring as the eye of the ground; H7511-Prostrate, stamp oneself down, submit; H7743-Sink, bow down, incline, descending, low, grave; H7807-Lowly, low; H7817-Sink, depress, bow down, bring down, bring low; H8213-Depress or sink, abase, be low, bring down; lowland; low in position or stature; H8214-Abase, subdue, put down, bring low; H8217-Depressed, based, lowly; G5011-Depressed, base, cast down, humble, of low degree, lowly, not rising far from the ground, modest, low not high; G5012-Humbleness of mind, humble opinion of one's self, esteeming of ourselves small, inasmuch as we are so, the correct estimate of ourselves; G5013-Depress, abase, bring low, have modest opinion of oneself, devoid of haughtiness; H6038-Condensation, modesty, gentleness, meekness, patience, mildness, tenderness

Pride-H1346-A rising up, swelling of the sea, arrogance; A.Heb-A lifting up of oneself; H1347-Pomp, swelling, arrogancy, exaltation; H1348-Lifting up, a rising up (column of smoke); H1363-Arrogance, haughty, height, high, loftiness; A.Heb-Lift up high, above; H1466-Exaltation, arrogance, lifting up; A.Heb-Living up oneself; H2087-Arrogance, presumptuousness, insolence (Pride or haughtiness manifested in contemptuous and overbearing treatment of others); G212-Braggadocio, an insolent and empty assurance, which trusts in its own power and resources; act of pretending to be what one is not; pretension; G5187-Envelop with smoke, inflate with self-conceit, high-minded, lifted up with pride; Raise in a smoke, to wrap in a mist, make proud and render insolent, beclouded (obscure, dim), besotted (make stupefy), hold oneself above others; G5244-Appearing above others, showing

oneself above others, an overweening estimate of one's means or merits, despising others or even treating them with contempt

<sup>8</sup>Finally, brethren, whatsoever things are true [reality, truth], whatsoever things are honest [honorable, dignified, reverent], whatsoever things are just [right, holy], whatsoever things are pure [clean, free from carnality], whatsoever things are lovely [acceptable, pleasing], whatsoever things are of good report [good omen]; if there be any virtue [virtuous course of thought], and if there be any praise [commendable], think on these things. <sup>9</sup>Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.<sup>11</sup>...I have learned, in whatsoever state I am, therewith to be content. <sup>12</sup>I know both how to be abased, and I know how to abound: everywhere and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. <sup>13</sup>I can do all things through Christ which strengtheneth me.

- A. What you think on has directly affects your peace and joy-Think about all the sin, the evil, the wickedness in the world? If it's a concern of yours be careful for nothing and make your request known to God
- B. He learned how keep his peace and joy no matter the circumstance

Righteous indignation will push you towards the spirit, it'll directs your ire toward the devil; The wrath of man pushes towards sin and the flesh and pushes your ire toward man

**Pr21:23**-Whoso keepeth his mouth and his tongue keepeth his soul from troubles.

Your gentleness is connected to your joy and peace-Ph4:4-Rejoice [calmly happy, glad] in the Lord always: and again I say, Rejoice. <sup>5</sup>Let your moderation [mild, calm, not rough/harsh/agitated, kind, merciful] be known unto all men. The Lord is at hand. <sup>6</sup>Be careful [troubled with cares] for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. <sup>7</sup>And the peace of God, which passes all understanding, shall keep your hearts and minds

**AC**-Humility [which is the proper attribute] of true wisdom

[Th-Reviling-Language of despising]

**Jn12:47**-And if any man hear my words, and believe not, I judge him not: for I came not to judge the world, but to save the world.

**Ps149:4**-For the Lord taketh pleasure in his people: he will beautify the meek with salvation. <sup>5</sup>Let the saints be joyful in glory: let them sing aloud upon their beds; **Ps34:2**-My soul shall make her boast in the Lord: the humble shall hear thereof, and be glad; **Ps69:30**-I will praise the name of God with a song, and will magnify him with thanksgiving. <sup>32</sup>The humble shall see this, and be glad: and your heart shall live that seek God;

Pride deals with being high or above-You are up here and have it together more than others and can see what they're doing wrong

The devil wants you upset about something all the time and if you practice being upset it'll grow in you

**Pr29:22**-A furious man aboundeth in transgression

**NLT**-If you are wise and understand God's ways, prove it by living an honorable life, doing good works with the humility that comes from wisdom.

**II.** Rejoice always, let your moderation be known unto all men, be careful for nothing-**Ph4:4-Rejoice** (full of cheer, calmly happy, glad) in the Lord **always** (at all times, perpetually, continuous): and again I say, Rejoice. <sup>5</sup>Let your **moderation** be known unto all men. The Lord is at **hand** (near). <sup>6</sup>Be **careful** (troubled with cares) for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. <sup>7</sup>And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. <sup>8</sup>Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. <sup>9</sup>Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you. <sup>10</sup>But I rejoiced in the Lord greatly, that now at the last your care of me hath flourished again; wherein ye were also careful, but ye lacked opportunity. <sup>11</sup>Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. <sup>12</sup>I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. <sup>13</sup>I can do all things through Christ which strengtheneth me.

- A. We are to live in a perpetual state of gladness-Calmly happy
- B. Let your moderation be known to all men-**ST-Mild** (tender, gentle in disposition, kind, compassionate, merciful, not cruel, fierce, rough, angry, calm, tranquil), gentle (mild, meek, not rough/harsh, peaceable-quiet, undisturbed, not agitated); **w1828**-Calmness of mind; equanimity (calm temper, evenness of mind), restrain of violent passions
  - 1. Let your stance for righteousness be known to all men
- C. Be careful for nothing-Many are weighed down with cares of this life
- D. What you think on has directly affects your peace and joy-Think about all the sin and death and darkness in the world? If it's a concern of yours be careful for nothing and make your request known to God
- E. Be a doer-Rejoice always, let your moderation be known unto all men, be careful for nothing
- F. He learned how to maintain his peace and joy no matter what was happening-I know how to not have things go the way I want and not lose my peace and joy

## NOTES & Scriptures

### I. NOTES

- A. The Kingdom is not about how mad you can get about sin
- B. He didn't say righteousness is the only thing my kingdom is about
- C. He didn't say in the world these things will be
- D. Don't let the sun go down on your wrath-Weeping may endure for the night
- E. To get your peace and joy up you have to get filled with the Holy Spirit and be being filled-Learn how to take a drink and get drunk
- F. There is no peace and joy in judging and
- G. Rm15:4-The scriptures give us hope and hope stirs peace and joy in us
- H. Rm14:17-In the kingdom of darkness unrighteousness, torment, and sorrow
- I. Rm14:17-Joy in the Holy Ghost; They were filled and happy in Acts 2

- J. The chemical imbalance theory
- K. Oppression of the soul
- L. Hope-Rm5:2-Rejoicing in the hope of the glory; When you believe you rejoice-1Pt1:8-To be joyless and peaceless is to be faithless; Sorrow like them that have no hope-1Th4:13-

I. **Bless**-Speak well of; **Curse**-Execrate-Denounce evil against, detest utterly; **Blessing**-Fine speaking, fair speech; **Cursing**-Evil speech; **Sweet**-W18-Mild, soft, gentle; **Bitter**-Sharp, harsh; **Salt**-Bitter; **Fresh**-Sweat; **Meekness**-Mildness, humility, gentleness, kind, not fierce, prone to anger; **Bitter**-Sharp, harsh; **Envying**-Hot, anger, fiery wrath; **Strife**-Contention in anger, agitation, irritation; **Glory**-Boast, rejoice; **Earthly**-Worldly; **Sensual**-Natural; **Devilish**-Demon-Like; **Confusion**-Instability, commotion, tumult-agitation, disturbance, unsettled, restless; **Pure**-Modest-not presumptuous, arrogant; **Peaceable**-Pacific-calm, tranquil, peace-making, bringing peace; **Mercy**-Compassion, tender, kind; **Without partiality**-Without judging, JUB-Not judgemental

This kindness, compassion, merciful is connected to your peace and joy

**Rm14:19-Ps34:13**-Depart from evil, and do good; seek peace, and pursue it.

Ps69:20-Reproach hath broken my heart; and **I am full of heaviness**: and I looked for some to take pity, but there was none; and for comforters, but I found none.

<sup>8</sup>Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

**Ph1:25**-Having this confidence, I know that I shall abide and continue with you all for your furtherance and joy of faith; **Ac20:24**-But none of these things move me, neither count I my life dear unto myself, so that I might finish my course with joy, and the ministry, which I have received of the Lord Jesus, to testify the gospel of the grace of God-**Ps32:11**-Be glad in the LORD, and rejoice, ye righteous: and shout for joy, all ye that are upright in heart-**Ps35:27**-Let them shout for joy, and be glad, that favour my righteous cause: yea, let them say continually, Let the LORD be magnified, which hath pleasure in the prosperity of his servant-**Ps40:16**-Let all those that seek thee rejoice and be glad in thee: let such as love thy salvation say continually, The LORD be magnified-**Ps64:10**-The righteous shall be glad in the LORD, and shall trust in him; and all the upright in heart shall glory-**Ps68:3**-But let the righteous be glad; let them rejoice before God: yea, let them exceedingly rejoice-**Ps70:4**-Let all those that seek thee rejoice and be glad in thee: and let such as love thy salvation say continually, Let God be magnified-**Ps90:14**-O satisfy us early with thy mercy; that we may rejoice and be glad all our days-**Ps100:2**-Serve the LORD with gladness: come before his presence with singing-**Ps149:5**-Let the saints be joyful in glory: let them sing aloud upon their beds.

**Rm15:1**-We then that are strong ought to bear the infirmities of the weak, and not to please ourselves. <sup>2</sup> Let every one of us please his neighbour for his good to edification. <sup>3</sup> For even Christ pleased not himself; but, as it is written, The reproaches of them that reproached thee fell on me. <sup>4</sup> For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope. <sup>5</sup> Now the God of patience and consolation grant you to be likeminded one toward another according to Christ Jesus: <sup>6</sup> That ye may with one mind and one mouth glorify God, even the Father of our Lord Jesus Christ. <sup>7</sup> Wherefore receive ye one another, as Christ also received us to the glory of God. <sup>8</sup> Now I say that Jesus Christ was a minister of the circumcision for the truth of God, to confirm the promises made unto the fathers: <sup>9</sup> And that the Gentiles might glorify God for his mercy; as it is written, For this cause I will confess to thee among the Gentiles, and sing unto thy name. <sup>10</sup> And again he saith, Rejoice, ye Gentiles, with his people. <sup>11</sup> And again, Praise the Lord, all ye Gentiles; and laud him, all ye people. <sup>12</sup> And again, Esaias saith, There shall be a root of Jesse, and he that shall rise to reign over the Gentiles; in him shall the Gentiles trust. <sup>13</sup> Now the God of hope fill you

with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

## Scriptures

**Jas 4:9** Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and **your joy to heaviness.**

**1Pe 1:8** Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with **joy unspeakable** and full of glory:

**1Jn 1:4** And these things write we unto you, that your joy may be full.

**Jas 1:2** My brethren, count it all joy when ye fall into divers temptations;

**Heb 12:2** Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

**1Th 1:6** And ye became followers of us, and of the Lord, having received the word in much affliction, **with joy of the Holy Ghost:**

**Php 1:25** And having this confidence, I know that I shall abide and continue with you all for your furtherance and **joy of faith;**

**2Co 8:2** How that in a great trial of affliction the abundance of their joy and their deep poverty abounded unto the riches of their liberality.

**Rom 15:13** Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

**Rom 15:32** That I may come unto you with joy by the will of God, and may with you be refreshed.

**2Co 1:24** Not for that we have dominion over your faith, but are **helpers of your joy:** for by faith ye stand.

**Act 20:24** But none of these things move me, neither count I my life dear unto myself, so that I might **finish my course with joy,** and the ministry, which I have received of the Lord Jesus, to testify the gospel of the grace of God.

**Rom 5:11** And not only so, but we also joy in God through our Lord Jesus Christ, by whom we have now received the atonement.

**Rom 14:17** For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.

**Act 13:52** And the disciples were filled **with joy, and with the Holy Ghost.**

**Act 2:28** Thou hast made known to me the ways of life; thou shalt make me full of joy with thy countenance.

**Joh 15:11** These things have I spoken unto you, **that my joy might remain in you, and that your joy might be full.**

**Joh 16:22** And ye now therefore have sorrow: but I will see you again, and your heart shall rejoice, and your joy no man taketh from you.

**Joh 16:24** Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.

**Joh 17:13** And now come I to thee; and these things I speak in the world, **that they might have my joy fulfilled in themselves.**

**Luk 6:23** Rejoice ye in that day, and leap for joy: for, behold, your reward is great in heaven: for in the like manner did their fathers unto the prophets.

**Luk 1:14** And thou shalt have joy and gladness; and many shall rejoice at his birth.

Luk 1:44 For, lo, as soon as the voice of thy salutation sounded in mine ears, the babe leaped in my womb for joy.

Luk 2:10 And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

Mat 25:21 His lord said unto him, Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord.

Mat 25:23 His lord said unto him, Well done, good and faithful servant; thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord.

Mat 28:8 And they departed quickly from the sepulchre with fear and great joy; and did run to bring his disciples word.

Mat 13:44 Again, the kingdom of heaven is like unto treasure hid in a field; the which when a man hath found, he hideth, and **for joy thereof** goeth and selleth all that he hath, and buyeth that field.

Psa 69:20 Reproach hath broken my heart; and **I am full of heaviness:** and I looked for some to take pity, but there was none; and for comforters, but I found none.

Psa 119:28 **My soul melteth for heaviness:** strengthen thou me according unto thy word.

Pro 12:25 **Heaviness** in the heart of man maketh it stoop: but a good word maketh it glad.

Isa 61:3 To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for **the spirit of heaviness;** that they might be called trees of righteousness, the planting of the LORD, that he might be glorified.

Isa 29:19 **The meek also shall increase their joy** in the LORD, and the poor among men shall rejoice in the Holy One of Israel.

Luk 8:1 And it came to pass afterward, that he went throughout every city and village, **preaching and shewing the glad tidings of the kingdom of God:**

Act 13:48 And **when the Gentiles heard this, they were glad,** and glorified the word of the Lord: and as many as were ordained to eternal life believed.

Rom 10:15 And how shall they preach, except they be sent? as it is written, **How beautiful are the feet of them that preach the gospel of peace, and bring glad tidings of good things!**

1Pe 4:13 But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy

1Ch 16:31 Let the heavens be glad, and let the earth rejoice: and let men say among the nations, The LORD reigneth.

Psa 9:2 I will be glad and rejoice in thee: I will sing praise to thy name, O thou most High.

Psa 21:6 For thou hast made him most blessed for ever: thou hast made him **exceeding glad** with thy countenance.

Psa 31:7 I will be glad and rejoice in thy mercy: for thou hast considered my trouble; thou hast known my soul in adversities;

Psa 32:11 Be glad in the LORD, and rejoice, **ye righteous:** and shout for joy, all ye that are upright in heart.

Psa 35:27 Let them shout for joy, and be glad, **that favour my righteous cause:** yea, let them say continually, Let the LORD be magnified, which hath pleasure in the prosperity of his servant.

Psa 40:16 Let **all those that seek** thee rejoice and be glad in thee: let such as love thy salvation say continually, The LORD be magnified.

Psa 64:10 **The righteous** shall be glad in the LORD, and shall trust in him; and all the upright in heart shall glory.

**Psa 68:3** But let **the righteous** be glad; let them rejoice before God: yea, let them exceedingly rejoice.

**Psa 70:4** Let **all those that seek thee** rejoice and be glad in thee: and let such as love thy salvation say continually, Let God be magnified.

**Psa 90:14** O satisfy us early with thy mercy; that we may rejoice and be glad **all our days**.

**Psa 100:2** Serve the LORD with gladness: come before his presence with singing.

**Psa 149:5** Let the saints be joyful in glory: let them sing aloud upon their beds.

**Psa 34:2** My soul shall make her boast in the LORD: the humble shall hear thereof, and be glad.

**Psa 46:4** There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High.

**Psa 48:11** Let mount Zion rejoice, let the daughters of Judah be glad, because of thy judgments.

**Psa 53:6** Oh that the salvation of Israel were come out of Zion! When God bringeth back the captivity of his people, Jacob shall rejoice, and Israel shall be glad.

**Psa 67:4** O let the nations be glad and sing for joy: for thou shalt judge the people righteously, and govern the nations upon earth. Selah.

**Psa 69:32** The humble shall see this, and be glad: and your heart shall live that seek God.

**Psa 92:4** For thou, LORD, hast made me glad through thy work: I will triumph in the works of thy hands.

**Psa 96:11** Let the heavens rejoice, and let the earth be glad; let the sea roar, and the fulness thereof.

**Psa 97:1** The LORD reigneth; let the earth rejoice; let the multitude of isles be glad thereof.

**Psa 97:8** Zion heard, and was glad; and the daughters of Judah rejoiced because of thy judgments, O LORD.

**Psa 104:34** My meditation of him shall be sweet: I will be glad in the LORD

**Psa 118:24** This is the day which the LORD hath made; we will rejoice and be glad in it.

**Psa 122:1** **A Song of degrees of David.** I was glad when they said unto me, Let us go into the house of the LORD.

**Psa 126:3** The LORD hath done great things for us; whereof we are glad.

**Isa 65:18** But be ye glad and rejoice for ever in that which I create: for, behold, I create Jerusalem a rejoicing, and her people a joy.

**Joe 2:21** Fear not, O land; be glad and rejoice: for the LORD will do great things.

**Joe 2:23** Be glad then, ye children of Zion, and rejoice in the LORD your God: for he hath given you the former rain moderately, and he will cause to come down for you the rain, the former rain, and the latter rain in the first month.

**Zep 3:14** Sing, O daughter of Zion; shout, O Israel; be glad and rejoice with all the heart, O daughter of Jerusalem.

**Zec 10:7** And they of Ephraim shall be like a mighty man, and their heart shall rejoice as through wine: yea, their children shall see it, and be glad; their heart shall rejoice in the LORD.

**Deu 28:47** Because thou servedst not the LORD thy God with joyfulness, and with gladness of heart, for the abundance of all things;

**1Ch 16:27** Glory and honour are in his presence; strength and gladness are in his place.

**2Ch 29:30** Moreover Hezekiah the king and the princes commanded the Levites to sing praise unto the LORD with the words of David, and of Asaph the seer. And they sang praises with gladness, and they bowed their heads and worshipped.

**Est 8:16** The Jews had light, and gladness, and joy, and honour.

**Neh 8:17** And all the congregation of them that were come again out of the captivity made booths, and sat under the booths: for since the days of Jeshua the son of Nun unto that day had not the children of Israel done so. And there was very great gladness.

**Psa 4:7** Thou hast put gladness in my heart, more than in the time that their corn and their wine increased.

**Psa 30:11** Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;

**Psa 45:7** Thou lovest righteousness, and hatest wickedness: therefore God, thy God, hath anointed thee with the oil of gladness above thy fellows.

**Psa 97:11** Light is sown for the righteous, and gladness for the upright in heart.

**Psa 105:43** And he brought forth his people with joy, and his chosen with gladness:

**Pro 10:28** The hope of the righteous shall be gladness: but the expectation of the wicked shall perish.

**Isa 35:10** And the ransomed of the LORD shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away.

**Isa 51:3** For the LORD shall comfort Zion: he will comfort all her waste places; and he will make her wilderness like Eden, and her desert like the garden of the LORD; joy and gladness shall be found therein, thanksgiving, and the voice of melody.

**Isa 51:11** Therefore the redeemed of the LORD shall return, and come with singing unto Zion; and everlasting joy shall be upon their head: they shall obtain gladness and joy; and sorrow and mourning shall flee away.

**Jer 7:34** Then will I cause to cease from the cities of Judah, and from the streets of Jerusalem, the voice of mirth, and the voice of gladness, the voice of the bridegroom, and the voice of the bride: for the land shall be desolate.

**Jer 16:9** For thus saith the LORD of hosts, the God of Israel; Behold, I will cause to cease out of this place in your eyes, and in your days, the voice of mirth, and the voice of gladness, the voice of the bridegroom, and the voice of the bride.

**Jer 25:10** Moreover I will take from them the voice of mirth, and the voice of gladness, the voice of the bridegroom, and the voice of the bride, the sound of the millstones, and the light of the candle.

**Jer 33:11** The voice of joy, and the voice of gladness, the voice of the bridegroom, and the voice of the bride, the voice of them that shall say, Praise the LORD of hosts: for the LORD is good; for his mercy endureth for ever: and of them that shall bring the sacrifice of praise into the house of the LORD. For I will cause to return the captivity of the land, as at the first, saith the LORD.

**Act 2:46** And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart,

**Act 14:17** Nevertheless he left not himself without witness, in that he did good, and gave us rain from heaven, and fruitful seasons, filling our hearts with food and gladness.

**Heb 1:9** Thou hast loved righteousness, and hated iniquity; therefore God, even thy God, hath anointed thee with the oil of gladness above thy fellows.

**2Co 12:9** And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

**Psa 5:11** But let all those that put their trust in thee rejoice: let them ever shout for joy, because thou defendest them: let them also that love thy name be joyful in thee.

**Psa 35:9** And my soul shall be joyful in the LORD: it shall rejoice in his salvation.

**Psa 63:5** My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips:

**Psa 66:1** **To the chief Musician, A Song or Psalm.** Make a joyful noise unto God, all ye lands:

**Psa 81:1** **To the chief Musician upon Gittith, A Psalm of Asaph.** Sing aloud unto God our strength: make a joyful noise unto the God of Jacob.

**Psa 89:15** Blessed is the people that know the joyful sound: they shall walk, O LORD, in the light of thy countenance.

**Psa 95:1** O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation.

**Psa 95:2** Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms.

**Psa 98:4** Make a joyful noise unto the LORD, all the earth: make a loud noise, and rejoice, and sing praise.

**Psa 98:6** With trumpets and sound of cornet make a joyful noise before the LORD, the King.

**Psa 100:1** **A Psalm of praise.** Make a joyful noise unto the LORD, all ye lands.

**Isa 49:13** Sing, O heavens; and be joyful, O earth; and break forth into singing, O mountains: for the LORD hath comforted his people, and will have mercy upon his afflicted.

**Isa 56:7** Even them will I bring to my holy mountain, and make them joyful in my house of prayer: their burnt offerings and their sacrifices shall be accepted upon mine altar; for mine house shall be called an house of prayer for all people.

**Isa 61:10** I will greatly rejoice in the LORD, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness, as a bridegroom decketh himself with ornaments, and as a bride adorneth herself with her jewels.

**2Co 7:4** Great is my boldness of speech toward you, great is my glorying of you: I am filled with comfort, I am exceeding joyful in all our tribulation.

**2 Timothy 1:7** For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

**James 3:1** My brethren, be not many masters, knowing that we shall receive the greater condemnation. For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body. Behold, we put bits in the horses' mouths, that they may obey us; and we turn about their whole body. Behold also the ships, which though they be so great, and are driven of fierce winds, yet are they turned about with a very small helm, whithersoever the governor listeth. Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!

What is the mind according to the Bible?

If you can control the mouth you can get control of yourself spirit, soul, body

Heaviness, sorrow, fear, anxiety and depression is oppression of the soul