

# all the feels

## week 3

### DAY 1: READ NEHEMIAH 8:1-12

True joy comes from the presence of the Lord; being in relationship with Him means a perpetual revelation at His glory, the depths of His mercies and the profound love He holds for us in Jesus. As the people of Israel stood and listened to Ezra and the Levites teach them about the Book of the Law of Moses – the covenant God initiated with Moses – the people are drawn to reverent worship. At the same time, though, they are grieved and begin to weep? Why? When we are confronted with the starkness of our sins against our perfect, unending, righteous God, our failure and trespasses are profound and undeniable. Yet God, in His love and rich mercies, has not cast us out. Instead, we have Jesus, the Mediator and Perfecter of our faith. Just as Nehemiah, Ezra and the Levites told all the grieving Israelites to instead rejoice in the unending character of God, God has also given us a reason for joy through Jesus. The joy of the Lord is your strength. Today, no matter your circumstances, let God's abundant, available presence be your cause for praise. Commit to an attitude of worship and watch as this holy joy grows and becomes undeniable to those unaware and still grieving.

### DAY 2: READ LUKE 15

In all three of these parables, the shepherd, coin owner and father all rejoice at having recovered what was lost. While we can get lost in our selfish despair about our situation, sin condition and fallen world, don't forget about the heart of God. Today, dwell on the notion that God rejoices over your salvation in Jesus. You have found mercy in the blood of Jesus and God is filled with joy for you! In all three parables, the head figure calls everyone else to join in rejoicing. God is doing wondrous things seeking out the lost and giving them safety, hope and new life – and He wants us to rejoice with Him! God's joy is not contained and neither should yours; instead, let the abundant appreciation of God's work in and around you be a fountainhead for true joy, true peace, and true life in Jesus. Don't withhold the joy you have in Jesus from the rest of the world.



### **DAY 3: READ JOHN 15**

The best tools are the ones that actually work. When we seek out the presence of the Lord and strive to saturate our hearts and behavior with the truth of His word, we become viable tools for His Kingdom purposes. We are filled with joy because of His presence and find purpose and effectiveness in His mission. This joy is not dependent on circumstances and persists through persecution, poverty and even death. Do you sense God's joy in your life? How can you better abound and obey Him today?

### **DAY 4: READ HEBREWS 12:1-17 & JOHN 8:25-30**

Remember the parables in Luke 15? The cross was horrible, shameful and entirely undeserved for Jesus, yet he endured it. Why? The joy set before Jesus was the same joy in the parables that caused the father to welcome the prodigal son back with a feast. Yes, the cross was terrible, but Jesus chose to endure it to set straight what was crooked, bring back what ran off. Because of His righteousness and in spite of the unparalleled shame and wrath He experienced, the joy of the Lord gave Him strength to endure and afford us new life. Today, dwell on Jesus' joy in spite of the pain, shame and wrath He bore.

### **DAY 5: READ PSALM 104**

The more time we spend abiding in God's presence, diving deeper into His word and meditating on His works, the more we have reason to rejoice and worship Him! Today, choose to ponder the works of God, the things you notice about Him and the ways you see the truth of His word. Just like the psalmist, get creative and dream! Make a list of things you notice or imagine and add to it throughout the day. Write a song, draw a picture, talk to God. Whatever you're inspired to do, express it to God. Let it be an act of worship.

### **DAY 6: READ PSALM 105**

Remember to worship the Lord for all He has done, is doing and has promised still to do! Let your worship abound internally and externally, that the world might see, hear and desire more of this joy from Jesus. Just as the God of all creation led out the Israelites from Egypt with great joy (verse 43), He has brought us out of sin and death through Jesus - with joy. Praise the Lord for remembering His covenant forever! Let's rejoice as a liberated people!

