

5 2 W E E K S
O F G R O W T H

Give it a Year
Week 50

WEEK 50

Nehemiah 8:10

“The joy of the Lord is your strength.”

The people of Israel were weeping when these words were spoken. They had just heard the Book of the Law read aloud, and they were overwhelmed with conviction and sorrow. Yet in the middle of their tears, they were told something unexpected: Do not grieve, for the joy of the Lord is your strength.

Notice it does not say, “Your joy in the Lord is your strength,” but “The joy of the Lord.” This joy originates with Him. It is His joy, His faithfulness, His unchanging character that becomes our source of strength.

This joy was not based on their performance, but on His covenant faithfulness. This joy that results in strength flows from who He is—unchanging, sovereign, merciful, and good.

God’s joy is not fragile. It does not rise and fall with circumstances. It is steady because He is steady. When our emotions feel unstable, His joy remains constant.

Joy is not shallow happiness. It is a deep-rooted confidence that God is good and that He is working all things for our good even when we face testing and trials.

During this testing and trials, strength and joy is not found in striving harder but only flows from drawing closer and abiding in Him.

When you feel weak, remember:

- His joy strengthens you when you are weary.
- His joy steadies you when you are anxious.
- His joy carries you when circumstances try to crush you.

Today, if your heart feels heavy, pause in His presence. Worship even when you don't feel like it. Give thanks even before you see the breakthrough. The joy of the Lord is not denial of hardship—it is confidence in His sovereignty. And that joy will sustain you.

READ:

Psalm 16:11

Isaiah 12:2-3

John 15:11

Romans 15:13

Hebrews 12:2

REFLECT:

- **What has been draining your strength lately?**
- **When was a time God sustained you with joy in a difficult season?**
- **How can you focus on God's character to restore you?**
- **In what area of your life do you need to choose rejoicing by faith rather than by feeling?**
- **What practical steps can you take this week to remain in God's presence?**

PRAYER:

Father God, thank You that my strength does not depend on my emotions or my circumstances. Help me to remain in Your presence at all times and in all seasons. When I feel weak, remind me that Your joy is my strength. Fill my heart with the steady confidence that You are good, You are faithful, and You are working all things for Your glory and my good. In Jesus Name I pray. Amen.