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Joy

*Choosing to Live
With a Full Cup*



Naomi (my joy)

*For you made me glad
by your deeds, O Lord.
I sing for joy
at the works of your hand.
Psalm 92:4*

*I have told you this
so my joy may be in you
and that your joy may be complete.
John 16:22*

*May the God of hope
fill you with all joy and peace
as you trust in Him.
Romans 15:13*

Today

Today my heart will have a song;
I will look up and smile,
I have so much to sing about
to make my life worthwhile.

When I have God to care for me
why should my heart be sad?
I'll leave my problems in His Hands
and He will make me glad.

There is no night too dark for Him,
no heart He cannot heal;
And so my heart will have a song
for God is very real.



But let all who take refuge
in you be glad; let them ever
sing for joy. Psalm 5:11

The Mind

It fascinates me quite a bit
when I think of the mind
And how it serves us day and night
with lots of stuff, I find.
The brain is such a mystery
for in that three pound mass
We can decide what things to think
or simply let them pass.

Some folks will ruminate on stuff
not really worth a hoot
And wonder why they're so depressed
though they have lots of loot.
We choose our attitude and thoughts
and all the words we say
So why not think on happy stuff
and have a glorious day?



I have written...
to stimulate your mind
to wholesome thinking.
2 Peter 3.11

Glimpses

Though we have traveled here and there
and seen a lot of stuff
We never have seen Heaven
though we know it's up to snuff.

But this we know God is alive
and fully in control
Because He pours His blessings out
on every living soul.

And He gives glimpses of Himself
in awesome kinds of ways
Like putting rainbows in the clouds
to brighten up our days.

He also made the flowers
and the birds that sail the sky
And we see other things as well
that money cannot buy

Like sunsets, moon, and many stars
that brighten up the night,
When God decides to do a thing
He really does it right.

No doubt some things I like the most
that God wants us to do
Is how to show forgiveness
and to love our neighbor, too.

Also, God is big on kindness,
and He likes for us to treat
The folks who need a helping hand
for we're His hands and feet.

When people fall in love with Christ
life never is the same
Because they've had a glimpse of Him
they're oh, so glad He came.



Though you have not seen him,
you love him. . . you believe in
him and are filled with an inexpressible
and glorious joy. 1 Peter 1:8



A lot of firsts come to us all
Though some of these we can't recall;

But there are things we don't forget
And hold a place in our heart yet.

The day we started off to school,
The time we learned the golden rule,

The day we got a paper route
So we could earn a little loot.

The day we got a two-wheel bike
And we rode wobbly down the pike.

And later still we owned a car
And hitched our wagon to a star.

The day we went on our first date
If it was nice or second rate.

The day we struck out on our own
And thought we'd make it, though alone.

The day we first became a bride
When Mama smiled and almost cried.

But if we want to top them all
It could have been when we were small

And stood before a Birthday Cake
And Dad would then a picture take.

No worries spoiled that special day
We'd eat some cake then go and play.

The world was ours—oh what a place
To just enjoy God's care and grace!

. . . God, who richly provides
us with everything for our
enjoyment. 1 Timothy 6:17b

Even God Sings

There's a verse in Zephaniah
that I like quite a lot
It tells about God's Character
and other things He's got.
It says He's in the midst of us
and that He's mighty, too,
And that He is a joyful God,
so we should be so, too.

So read along in Chapter three
and check verse seventeen
And you will find a God who sings—
you'll know just what I mean.
I'm glad I serve a God like that—
One filled with love and joy
And has a song within His heart
that nothing can destroy.

I know it says in Scripture
we're the Apple of His Eye
And so I will believe it's true
until the day I die.



Special Stuff for Special Days

Sometimes we save some special things
that we like quite a lot
And think we'll use them later on,
so use the stuff we've got.
And so we hoard our valuables
to use at later date
And time goes marching on, ya' know,
and we don't celebrate.
So if you have nice things saved up
to use some special day
You've no promise of tomorrow
so just use them anyway.
We do not stop to realize
each day we live on earth
Is really quite a special day
to live for all we're worth.



Therefore do not
worry about tomorrow,
for tomorrow will
worry about itself.
Matthew 6:34

The Whistler

I know its not unusual
to hear some people sing
But it has been a long time
since I heard a different thing.
It seems some folks of long ago
would whistle now and then
And when I think on it a bit
those folks were mostly men.

I think it helped them cope with things
when life was kinda' tough
And if they whistled while they worked
it almost was enough
To get their minds off mundane things
and lift their load a tad
And if they whistled happy tunes
life didn't seem so bad.

They didn't have a cell phone then
held to a listening ear
But they had things within their heart
that gave them hope and cheer.

If they had peace and joy inside
it saved them lots of stress
And whistling told the outside world
that they had happiness.

We have so many gadgets now
to use to entertain
That it's a wonder we don't get
an overloaded brain.
If you've not whistled for a while
why not give it a try,
It's so much better for your heart
than living with a sigh.

I will make music to the Lord
Judges 5:3



The Seasons

I really like October with its skies
so blue and clear;
It kinda' sets the soul on fire
and fills the heart with cheer.
To see the colored leaves drift down
when gentle breezes blow
Reminds us of God's promise
that He gave so long ago.

Remember Noah and the Flood
when things got really bad?
But when the earth was dry again
God made old Noah glad
Because He put a rainbow
right above him in the sky
And promised that another flood
would not make people die.

He also said there'd always be
the seasons of the year
So future generations need not live
in dread and fear.
I like each season when it comes,
it's pretty nice, you know,
To see the colors in the fall
and then it's time for snow.

And when the snow has moved on out
there comes another scene
And flowers then will come alive
with earth so fresh and green.

We won't pass up the summer months
with kids all out of school
And when hot, humid days arrive
they'll head straight for the pool.
Yes, God is very good to us
and we should thankful be
That He made all things beautiful
for folks like you and me.

God saw all that he had made
and it was very good. Genesis 1:31



The Universal Language

There's a universal language
that all people understand,
No matter where one goes on earth
by air, or sea, or land.
Folks should use this language often
as they travel mile on mile
For everyone on planet earth
can understand a smile.



A happy heart makes the face cheerful
Proverbs 15:13

A Song

If you haven't a song, maybe something is wrong
And you need to look in your heart
For located there may be trouble and care
That pierces your soul like a dart.

Old wounds left unhealed have so often revealed
Great scars that can darken your years,
It simply won't pay if you live life that way.
Forgiveness can wipe away tears.

Get rid of the things that pure misery brings
And wash the sludge out of your soul.
You'll find you've a song as you travel along
And heartaches will not take their toll.

There's more to this life than just sorrow and strife,
Don't dwell on the things that are wrong.
Your life can be good
 like the Lord says it should
If you fill your heart with a song!

Sing and make
music in your heart
to the Lord,
Ephesians 5:19



Aunt Mary

I hope you had a favorite aunt
that you loved very much,
The kind that seemed to know a lot
and had a special touch.
Aunt Mary was my special aunt,
a sister of my Dad,
I think I no doubt loved her most
of all the aunts I had.

She cooked and baked and made preserves,
her home-made bread was great
And when she fixed a meal for us
we ate and ate and ate.



Her fingers were kept busy
with her needle and her thread,
She made some really pretty stuff
a lot of folks have said.

She lived to be a hundred
and outlived her kids and spouse,
But somehow she could handle that
for there was in her house
A Bible that she loved to read;
her faith in God was strong
And somehow through the trials of life
her heart still had a song.

The world would be a better place
with folks like this around
For by their love and gentleness
they make a joyful sound.

Even to your old age and gray hairs
I am He, I am He who will sustain you.
I have made you and will carry you;
I will sustain you and will rescue you.
Isaiah 46:4

Worthless Stuff

Don't waste your time on nurturing
some nagging, worthless stuff
For if you do I think you'll find
your life will be more tough.
Some folks will sometimes hold a grudge
until the day they die
And if they do they'll miss a lot
and let me tell you why.

Hard feelings will depress you
and may take away your sleep
And even with a sleeping pill
you'll still be counting sheep.
You may even see your doctor
because you feel so blue
And other than prescribe some pills
he won't know what to do.

So check on things inside your heart
and even in your mind
And if you do it carefully
it could be you will find
Some feelings of resentment,
maybe jealousy or pride
And if they smolder in your heart
you won't have peace inside.

Forgiveness can cure lots of stuff
when hurtful things abound,
'I'm sorry,' works like magic, too,
a lot of folks have found.
Don't harbor things within your heart
so you cannot relax
Get rid of nagging, worthless stuff
and live life to the max.



Get rid of all bitterness, rage and
anger. . . Be kind and compassionate
to one another, forgiving each other,
just as in Christ God forgave you.
Ephesians 4:31,32