

A collage of images representing joy and happiness across different ages and activities. The background features several circular and rectangular cutouts: a group of people dancing on a beach at sunset, two young girls laughing and holding water balloons, an elderly woman being held by a younger person, a young boy smiling broadly, and a close-up of a woman and a young girl smiling. The text is overlaid on the central part of the collage.

Joy is the story we
choose to tell ourselves

A reading of Psalm 30

What do we mean by JOY?

- Happy, excited, light-hearted?
- A feeling of great pleasure and happiness - Online Dictionary
- A girl's name?
- An inner contentment that somehow all is well – all will be well

“Peace is joy resting - joy is peace dancing” Spurgeon

The Bible often instructs us to be joyful

- Psalm 47: Clap your hands, all you nations; shout to God with cries of joy!
- Phil 4: Rejoice in the Lord. I will say it again, rejoice!
- James 12: Consider it pure joy, my brothers and sisters, whenever you face trials

Psalm 30

New Living Translation

¹ I will exalt you, LORD, for you rescued me.

You refused to let my enemies triumph over me.

² O LORD my God, I cried to you for help,

and you restored my health.

³ You brought me up from the grave,^[a] O LORD.

You kept me from falling into the pit of death.

⁴ Sing to the LORD, all you godly ones!

Praise his holy name.

⁵ For his anger lasts only a moment,

but his favor lasts a lifetime!
Weeping may last through the night,

but joy comes with the morning.

⁶ When I was prosperous, I said,
“Nothing can stop me now!”

⁷ Your favor, O LORD, made me as secure as a mountain.

Then you turned away from me, and I was shattered.

⁸ I cried out to you, O LORD.

I begged the Lord for mercy, saying,

⁹ “What will you gain if I die,
if I sink into the grave?

Can my dust praise you?

Can it tell of your faithfulness?

¹⁰ Hear me, LORD, and have mercy on me.

Help me, O LORD.”

¹¹ You have turned my mourning into joyful dancing.

You have taken away my clothes of mourning and clothed me with joy,

¹² that I might sing praises to you and not be silent.

O LORD my God, I will give you thanks forever!

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Psalm 30

“All will be well, and
all manner of things
will be well”

Mother Julian of Norwich

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