



Joy

By Diane Smith, USA Director of IICN

Joy is one of the fruits of the Spirit. According to Robert Strand, in the original Greek, it means cheerfulness, calm delight, and gladness, which is significantly multiplied.

It is not happiness, and it is not based on circumstance. One difference between the joy that people and circumstances provide and the joy from the Lord is that it is consistent and everlasting.

How do we achieve joy? Hebrew 12:2 tells us it is by *“fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.”* (NASB)

Jesus can show us how to take the “long view” and look beyond our circumstances. Though we have all had various trials and heartaches, I would imagine that we would agree that they are not equal to the depths of pain and humiliation Christ endured for our salvation. As always, he provides the perfect example for us – in this case how to achieve joy.

What is the manifestation of joy in the Christian nurses’ life? We can show our patients and co-workers the calm delight that comes from being in prayer and following the Lord’s direction for our lives. This attitude and manner of living appeals to the world as I think we all strive for meaning and peace in our lives. Proverbs 17:22 reveals that *“a joyful heart is good medicine, but a broken spirit dries up the bones.”* We can be good medicine for those around us.

In summary, here is a passage that we are likely all familiar with:

“Rejoice in the Lord always; again I will say, rejoice! Let your gentle spirit be known to all people. The Lord is near. Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.” Philippians 4:4-7