



First United Methodist Church of Hanford  
*Open hearts. Open minds. Open doors.*



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### **FULL OF JOY!**

What fills your heart with joy? Maybe it's your hobbies? Maybe it is your family or friends? I know my kids fill my heart with joy every day!! Believe me that make my days! That filled my heart with joy!

Sometimes having a heart full of joy is all about what we focus on. Isaiah 49:13 says: "Sing for joy... break forth, O mountains, into singing!" Now, let me make one thing clear...I CANNOT SING!! But that has never stopped me from trying. I like to think that I am following the Psalmist's instruction to "make a joyful noise unto the Lord."

I know that it is easy to get so consumed with the pain and sorrow in our lives and lose sight of the Mighty God we serve. The Lord comforts His people and has compassion on those who are afflicted. We need to focus on worshipping Him. Take your needs to Him, cry out in pain at your affliction, but give it to Him and then turn your focus on what is essential, our worship.

Maybe you think there is not much you have to be joyful over right now, but that is not true...

We can be joyful over the fact that we are new creations in Jesus Christ. Not only that but we are being sanctified. Philippians 1: 6 says "He who began a good work in you will complete it to the end of days." That means that God continues to work in us to transform us into the image of Christ. And we can rejoice over the fact that we have been justified. Christ's death on the cross made it just if we never sinned. Our past is not hung over our head; it is entirely forgotten by God. And siblings - that is something to sing about!

Let us pray: Thank you, Lord, that even in the hard times we can have a heart full of joy! Amen.

"Be a Channel of God's Grace"

Pastor Pablo

August 19<sup>th</sup>, 2020

## Online Devotionals

To grow in your relationship with God and others, it is important to have some spiritual disciplines in your life. Below are some helpful websites that will lead you to read scripture, pray, and focus on God.

**UPPER ROOM DAILY DEVOTIONAL** <https://www.upperroom.org/devotionals>

A daily devotional including scripture lesson and story.

**UPPER ROOM DAILY REFLECTIONS** <https://upperroombooks.com/neweverymorning/>

Daily words of wisdom and faith including quotes, scripture, questions, and the lectionary bible readings.