

Episode #9 — Grab the Plunger: Summary of JOY Maintenance Tools

Tool #1. Declarations: Biblical joy is rooted in the love of the Trinity-Father, Son and Holy Spirit. God LOVES ME and offers ME fullness of JOY. Jesus loves me offers me His complete JOY. The Holy Spirit loves me & produces in your life.

Tool #2. The 5-Minute More Joy Prayer Guide: Ask for a greater capacity to receive all the love and JOY God has for you. Use the Joy Prayer Guide: Ask, Receive, Thanks and Pray Scripture.

Tool #3. JOY-God Affirmations: Joy comes from the Trinity and involves body, soul, mind and spirit. God LOVES me (John 15: 9-11); 2) God is NEAR to me; He is with me always (Psalm 139: 1-6, Matthew 28: 20); 3) God is my HELP; He is FOR me (Isaiah 41: 10, 13); and 4) The Holy Spirit PRODUCES JOY in ME (Galatians 5: 22-23).

Tool #4. WRAP-The Read & Pray Scripture Method for JOY: W=write down the verse that arises out of a Bible reading; R=reflect on and enter into conversation with Jesus around the words; A =apply what God is speaking in the message, and P =praise & pray to receive the grace needed to respond. Finally, REST and RECEIVE God's JOY, Love & peace.

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Tool #5. Praising for JOY: Praise God with attributes from Scripture - You are Awesome (Deut. 10:17), You are Merciful (Ps. 103: 4-5), You are Mighty God (Ps. 89: 8) or use Praise Bursts - I love You Jesus, I praise You Jesus, etc.

Tool #6. Stop JOY Busters TIP: THANK. Recall something for which you are grateful and thank Jesus for it. IMAGINE. Picture Jesus with arms outstretched, you give Him your JOY Buster and you receive His peace. PERSIST. Persist in remembering the JOY- & loving emotions of your thanksgiving to reset your brain neurons to JOY.

Tool #7. Begin Again: Start over if you fail and commit your worries, anxieties, and cares to the Sacred Heart of Jesus

Tool #8. The Philippians 4: 7-11 Stop Worry Plan: 1) PAUSE-make up your mind, 2) PRAY for your needs, 3) THANK God for his blessings with every petition, and 4) RECEIVE God's peace.

Tool #9. A JOY Journal. Record your JOYs and blessings in a notebook or JOY app so you can always be thankful and ready to share Thanksgivings

Tool #10. Friendship JOY. Find a prayer partner. Go to church. Study true JOY in Scripture with a friend or small group. Pray with a friend and prayer partner to find more JOY every week.

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