



## *Repentance Tabernacle Church*

RepentanceTabernacle@gmail.com  
www.RepentanceTabernacle.org (984) 369-5171

### **Where do you get your joy and strength from?**

**Scripture:** Nehemiah 8:10 - Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; **for the joy of the LORD is your strength.**

In the book of Nehemiah, the people were weeping because of their sin. Recognizing and admitting sin are not enough; revival must result in reform, or it is merely the expression of enthusiasm. God does not want halfhearted measures. We must not only remove sin from our lives but also ask God to move into the center of all we do. Nehemiah instructed them to stop grieving and instead celebrate, because the joy of the Lord was their strength to carry on and rebuild.

The phrase "*the joy of the Lord is your strength*," from [Nehemiah 8:10](#), means that true strength comes from a deep, inner joy found in God, rather than from external circumstances. This joy is a source of spiritual and emotional resilience that enables one to overcome hardship, as it is rooted in the relationship with and faithfulness of God.

Even the strongest person gets tired at times, but God's power and strength never diminish (Isaiah 40:31). He is never too tired or too busy to help and listen. His strength is our source of strength. When you feel all of life crushing you and cannot go another step, remember that you can call upon God to renew your strength. Waiting upon the Lord is expecting His promised strength to help us rise above life's distractions and difficulties. Listening to God helps us to be prepared for when He speaks to us, be patient when He asks us to wait, and trust Him to fulfill the promises found in His Word.

When things are going well, we feel elated. When hardships come, we sink into depression. But true joy transcends these waves of circumstance. Joy comes from a consistent relationship with Jesus Christ. When our lives are intertwined with Him, He will help us walk through adversity without sinking into debilitating lows and manage prosperity without moving into deceptive highs. The joy of living with Jesus Christ daily keeps us levelheaded no matter how high or low our circumstances. Jesus teaches about using His name in prayer. "Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full" (John 16:24).

The fact that God's power shows up in our weaknesses should give us courage (2 Corinthians 12:9). As we recognize our limitations, we will rely on God for our effectiveness rather than on our own energy, effort, or talent. Our limitations not only help develop our character, but also deepen our worship, because in admitting them, we affirm God's strength. When we are weak, allowing God to fill us with His power, then we are stronger than we could ever be on our own (2 Corinthians 12:10). God does not intend for us to be weak, passive, or ineffective—life provides enough hindrances and setbacks without us creating them. When they come, we must depend on God. Only His power will make us effective for Him and will help us do work that has lasting value.

Psalm 28:7 highlights the unfailing strength and protection God offers to those who trust in Him. As you navigate the ups and downs of life, remember that you're not journeying alone. God walks beside you, offering renewed strength and shelter for every moment. In the sports world there is a phrase: "The best offense is a good defense." In the spiritual battle around us, God is our strength and shield. He is our defense against all that would harm us. If we trust in Him, He will certainly defend us from the vicious attacks of our enemies.

The strength is not a physical or emotional force that we generate ourselves, but a gift from God. It is a divine provision for dealing with life's challenges. The joy is not a fleeting happiness but a deep-seated delight in God's presence, love, and promises. By focusing on Him, one can find peace and strength even in difficult situations. The verse directly follows the command, "Do not grieve," suggesting that this joy is a powerful antidote to sorrow and sadness. This joy provides a lasting and supernatural strength that is available to believers, giving hope and peace even in the face of suffering or loss.

**The Question still stands: Where do you get your joy and strength from?**