

Women of Influence

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Restore to Me Joy

By Barbara Bach

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There is a Scripture verse that says, "To him who knows to do right and does not, to him it is sin."

Many times we know we are not living according to God's Word. Sometimes, when we are unhappy, feel angry and resentful, judge others but do not look at our own reaction, we know what the problem is, but ignore it. We stay in a state of unforgiveness because of anger and pride. It keeps us from acknowledging our sin. We are miserable and have lost our joy.

Psalm 139:23-24, "Search me, O God, and know my heart. Test me and know my anxious thoughts. See if there is any offensive way in me. Lead me in the way everlasting."

Yes, we need to do this to make sure that our heart is clean of anything that has built up; negative thoughts, emotions, and sin. However, there are times that we don't need to ask God to search our heart. We KNOW what the problem is, but ignore it or justify it.

Jeremiah 17:9-10, 14 "The heart is deceitful above all things and beyond cure---who can understand?...I the Lord search the heart ...I test the mind, even reward according to his conduct according to what his deeds deserve."

Oh, my! Do we want what we deserve, when we do not deal with our heart? Do we want to be healed?

James 5:16, *“Confess your sins to one another that you may be healed.”*

Jeremiah 17:14, *“Heal me—save me—You are the One I Praise!”*

Until we come to the place of repentance, as David did when he prayed, *“Create in me a clean heart and renew a right spirit in me.”* (Psalm 51:10), we will not be healed. We may experience physical pain and effects of our negative emotions. When we yield all that we know is sin in our heart, only then can we be truly FREE.

A scripture that jumped out at me today is:

Psalm 51:12, *“Restore to me the JOY of my salvation. Grant me a willing spirit to sustain me.”*

Wow, what a prayer! I don't remember the last sentence, *“Grant me a willing spirit to sustain me.”* That means being obedient to what the Word says and yield up what makes us angry; let go of what we cannot change, and forgive. Only then will we experience JOY!

In Him,



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