



Turning Gloom to Gladness

“Mood altering” doses of God’s Word; truth that can transform our attitudes

Place this list where you will look at it every day. Choose one or more verses/ideas from the list to put into practice each morning. Journal about your experience!

“The joy of the LORD is my strength.” Nehemiah 8:10

- Find joy in *Him*, not in circumstances.
- Consider what brings you joy with God. Reflect on how you first fell in love with Him.
- Read about people who expressed joy in the Bible (Exodus 15:1-21; 2 Samuel 6:12-19; Luke 1:39-55).
- What was their joy in spite of? What can your joy be in spite of?

She seldom reflects on the days...God keeps her occupied with gladness of heart. Ecclesiastes 5:20

- Focus on gratitude—keep a gratitude journal.
- Don’t look back on failures, fears, or disasters. Look forward to what you are excited about today.
- Occupy your mind with remembering good things that have happened in the past few days.
- Intentionally reject any negative thoughts that might cloud your early morning time with God.

“In Your presence is fullness of joy.” Psalm 16:11

- Be fully present with Him.
- Practice some listening prayer; listen for God’s response and write it down.
- Picture your “happy place” with God; go there in your mind.
- Put His face “before you” in your mind—nothing else. What do you see?

“You have turned for me my mourning into dancing.” Psalm 30:11

- Celebrate the good things in your life. Do something that brings you joy *today*.
- Read Lamentations 3:19-25. Remember that hope is stronger than despair.
- Do something/connect with people who will make you laugh.

“Delight yourself in the LORD; and He will give you the desires of your heart.” Psalm 37:4

- Enjoy some fun time with God. Do something creative with Him.
- Take a walk, make a collage, write a song of praise, or build an Ebenezer altar (1 Samuel 7:12).

“Your words became for me a joy and the delight of my heart.” Jeremiah 15:16

- Immerse yourself in His Word; (“let the word of Christ richly dwell...”).
- Try doubling your daily intake of His Word—morning and night readings.
- When you’ve finished reading, tell God what brought you delight from His Word.

“Sing for joy in the LORD, O you righteous ones; Praise is becoming to the upright.” Psalm 33:1

- Sing songs. Praise Him.
- Recite a “Praise Alphabet” in your head.
- Read Psalm 145 aloud as though you are auditioning for a part in a play.

“Weeping may last for the night, but a shout of joy comes in the morning.” Psalm 30:5

- Start the day with out-loud praise. Say thank you aloud and mean it.
- Shout for joy; dance.
- Remember that when a day gets hard, tomorrow will be better—God has promised.