

LIFE PRINCIPLES SERIES

THE POWER OF JOY

We are looking at life principle and things we would consider important for us to function in or know. Last week we looked at love and how we need to walk in love and build love relationship with each and every one of those whom we meet. Tonight we want to see another important life principle, which we shall call joy. It may not look so important. It may look simple but that's what God's presence is filled with. One of the things that man lost when Adam and Eve fell into sin in Genesis 3 was joy. They didn't become sick yet, but they died spiritually the moment they sinned. Of course we know that all sickness and death came from that point onwards. But one of the first things that they lost the moment they sinned was joy. So God was pronouncing His judgment over their lives for their sins.

In Genesis 3 and consider some of the judgments that He pronounced over their lives. In verse 16, *"To the woman He said: I will greatly multiply your sorrow and your conception; in pain you shall bring forth children, your desire shall be for your husband, and he shall rule over you. Then to Adam, the Lord said: Cursed is the ground for your sake; in toil you shall eat of it all the days of your life. Both thorns and thistles it shall bring forth for you, and you shall eat the herb of the field. In the sweat of your face you shall eat bread till you return to the ground, for out of it you were taken, for dust you are and to dust you shall return."*

Now that curse on Adam talked about misery and the hardness that will come upon his life. So we see here in Genesis 3 that man lost the joy. Now the world today looks for happiness. There is a difference between happiness and joy. Joy include happiness but happiness does not necessarily include joy. You see happiness depends on circumstances. Happiness is when everything outwardly looks good and is pleasing in your sight. You have everything you wanted. The outward sight. Happiness relates to the physical world. Joy relates to both the physical world and the spiritual world. That is why joy flows from the inside. Joy is something inside us, which is from the spirit. Man lost that joy when he fell in the Garden of Eden. One of the final things that God removes we all know is death. When the new heaven and the new earth are brought forth at the recreation of the planet earth, God is going to remove death. But the book of Revelation chapter 21 expressly mentioned something that is common in our experience that He is going to remove. Rev.21 and see why we call it a life principle because it is important and it's a word started in Genesis and what is going to be completed in the book of Revelation. We have the beginning and the end.

Rev. 21: 3-4 "Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God. God will wipe away every tear from their eyes, they shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away."

Now immediately after death was sorrow. In the same way, immediately after spiritual death came was sorrow. The moment death is completely removed both spiritual and physical sorrow is also removed. Sorrow, crying and tear are still a part of life today. Could you imagine in the Garden of Eden there was no such thing as tear? It was joy, joy, joy. There was no sorrow. In the book of Psalms 16: 11 it says that in His presence is fullness of joy. There is no sorrow at all in heaven. Completely none. In the Garden of Eden, when God created it, it was perfect. No pain, no death, no sorrow, there was no thorns either. When Adam went out and picked a rose for Eve, there was no thorns on the rose. What a lovely rose. If Adam were a Malaysian, he would have gone to the durian tree and the durian tree would not have any thorns. All the fruit trees were in the Garden of Eden. So in heaven, there may still be a durian tree but it doesn't have thorns. I am not sure whether it has the same smell but there were no thorns. No sorrow, no pain, nothing of this sort. Crying and sorrow became a part of the life that we know

today after Adam and Eve fell into sin. You see what about now, that we are born again. We have come to know the Lord Jesus. Sorry to say as long as there is imperfection in the world, sorrow and travail in the spirit and tears are still part of this life until the new heaven and the new earth is completed to be what God wants it to be. Tears and sorrows are still a part of a Christian life.

The bible in the New Testament says, weep with those who weep. So obviously this is a part of the Christian life. Although in Romans 14: 17 *“For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.”* So you see the kingdom of God consist of that joy in the Holy Spirit. Yet other passages talk about weep with those who weep. Rejoice with those who rejoice. Paul in II Cor. tells us that he wrote to them in the previous letter – I Corinthians with tears. What are those tears for? Apparently the church is not perfected yet. As long as the earth is not perfected yet, there will always be tears. That will be part and parcel of travail in the spirit, prayers and the perfection of things. One day all those things are going to be removed when the new heaven and the new earth in Rev. 21 comes. However this is where we need to take note of, sorrow and crying is not the main part of the Christian life where we will cause suffering involved or prayer involved because there is still imperfection in the world.

The normal Christian life should be joyful. In other words, there will be no such things as saying; God is going to put a prayer burden on your life, such a prayer burden, the weight of the whole world. You are interceding for the world like Paul says in Gal. 4: 19 *travailing*. There is no problem with *travailing* but God is not going to depend on you alone to save the world. He has many others and so He is not going to put the prayer burden all on you. You have to spend your prayer burden for forty years praying through. I mean if you spend your time forty years praying through and you got no time for other things. God is not so cruel. What He does is only to give you a prayer burden and you pray through and then He will let you get back the kingdom of God, His righteousness, peace and joy. He will let you live and enjoy life as He created it to be enjoyed. Then after sometime, He gives you the work to do again, the prayers to perfect the world. To be a part of the prayer force of God. Intercede for this earth. He is not going to put it on you for life. So you are a walking prayer burden. We don't tell by the length of your face. If that is so the longer the better. One preacher says, some Christians look

like they have been baptized in vinegar.

Sorrow, prayer burden, tear and cry are still a part and parcel of this life. When we cry is a release for us. We sow in tears so that we will reap in joy. So there is still a sowing in tears that will be. I do not want to give the impression that we are completely redeemed from crying. There is no such thing. The only redemption is when perfection comes. However, we want to be very clear to understand the word, that the normal Christian life must be full of joy. Joy signifies the norm. Prayer burden signifies the special. So this should be the normal Christian life where we are living. Here is the road of life. As we are walking the road of life, there should be joy, joy, joy. Once in a while you have some burdens, some areas where you sow in tears and then you go aside and weep before the Lord. After that you are not supposed to remain there. You see some people have this impression that to be holy is to be long face. So they will even have at the back of their mind what a holy face look like. That is not a holy face. That is a bulldog face. No doubt we can receive all those burden from God and weep and cry. Believe me, I have cried before. I know what is to cry until you have no more tears to cry. I have gone through hard times before. It was not easy for the ministry to come forth. It's a hard time and you cry until you have no more tears to cry. I know what it is like. But the Lord showed me we are not to remain there. The reason I say this is because many times some Christians they experience grief in their life, sorrow or even intercessory burden. They get into it and they don't know how to come back to the normal Christian life. As a result of that the grief binds itself to them.

Godly sorrow profits us, but the sorrow of the world will get you into bondage. It's sad that sometimes when a sad event happen in life, maybe you lose your loved one or somebody you love much passed away or something that grieves you, hurts you and you allow that grief and that hurt to be attached to you. Can you imagine those things could have happened five years ago or ten years ago, you got a bright future to live, it's sad if you allow something in your past to affect the rest of your future. It's sad, some people when they lost their loved one, yes, we sympathize with them, but we should never live in the past nor should we let the past continue to disturb our present and then destroy our future. We should learn to get out of it and get back to the normal. The normal Christian life is a happy Christian life. The normal Christian life is a joy filled Christian life. When we have

the joy of the Lord, we have strength to live.

One of the things I noticed about the apostle Paul, after last week we read about all those things he went through, because of love he chose to enter into it. Let me tell you because of joy he could last till the end of it. We enter because of love. For God so loved the world He gave, so Jesus came but the only force and strength that will sustain us in life is joy. Nehemiah 8: 10 *"The joy of the Lord is your strength."* If you lose your joy you lose your strength. If you lose your joy you lose your health. Before Adam and Eve lost their health and sickness, they lost their joy. Because we lose our joy, we lose our wealth. We cannot keep it. I am going to show you from the Word, if Satan can't steal your joy, he can't steal your life. If Satan can't steal your joy, he can't steal your goods. If Satan can't steal your joy, he can't steal your health. It is important for us to learn to preserve joy.

When I look at Paul's life, I will say it's marvelous. How did he get through all those things that we read last week? Three times he was stoned, several times shipwrecked and beaten in the back forty times minus one. His back looks like a tiger's stripe. How did he continue to live? Most Christians, they have half a stripe they backslide. This poor guy is so strong. Where did he get his strength? So let us look at II Cor. and see where he got his strength. II Cor.12, see the type of Christianity that we tend to produce if we do not give correct teaching is going to be a weak Christianity. The moment little trouble comes, Christians backslide. The moment a few wrong words are shared to them or criticism comes; all kinds of things will come out of their lives. A little pressure pressed on them they give up. That is not the kind of Christians that God wants. God wants loving, peaceful and joy filled Christians who could be contribution to this life. Jesus said we are the salt of the earth.

II Cor.12, we will have the impression when we read Paul's epistle. We all know Paul by his writings and if we could try to visualize Paul, let me tell you that every Christian who visualize Paul as a very serious looking old man. One who walks like a headmaster, stick on his hand. When we read carefully what Paul was like, Paul was a joyful person. Without that joy he could not had endured all these things that he shared about, he could not have gone through and survived. No my friend, you need the special joy for that strength to come. Now all those

things he named in chapter 11 that we read last week, we look at II Cor. 12, he is still talking about the same subject because in chapter 11 he introduced what he went through and how he was beaten with rod in verse 25 and all kinds of things happening to him. Then he went on and he continued on, how, in verse 33 he was let down in a basket and all the difficulties that came upon his life. Yet in looking at all those things, he says in chapter 12: 10 *“Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake. For when I am weak, then I am strong.”*

We like some of that strength that Paul has. Because he recognized and here is Paul’s statement. He went through all those things named in chapter 11 where in verse 24, *from the Jews five times I received forty stripes minus one. Three times I was beaten with rods; once I was stoned; three times I was shipwrecked.* He has been through all kinds of things. Through all those things he was weak but there was strength flowing from him. The divine strength. Because if the devil can’t steal your joy he can’t steal your strength. If the devil steals your joy you are finished. Strength will ebb away. But if the devil cannot steal your joy he cannot steal your strength. Paul did not allow the devil to steal his joy. He kept his joy. He rejoiced.

There is one more scripture to confirm this. The words we read last week in Colossians 1: 24 *“I now rejoice in my sufferings for you.”*

What a statement he made. Very few Christians can say that. The average Christian will say I thank God I can endure the suffering. God showed me the difference between suffering and enduring. Before we look at that. Let’s clarify a few things. The sufferings of Jesus Christ and the sufferings for Christ and in Christ and persecution received in Christ were not persecutions because of the mistakes we make. Sometimes people break the law, do wrong things and then afterwards they reap what they sow, then they say I am suffering for Jesus. That is not suffering for Jesus. That is suffering for your mistakes. The suffering for Jesus is not the suffering for breaking the law. Not the suffering for disobedience. Not the suffering for doing the wrong things. Those sufferings are not suffering for Jesus. Those are sufferings for yourself and for the mistakes you make. A lot of

Christians are claiming the worst generally. I mean they do wrong thing then they get caught and they say, please pray for me, I am suffering for Jesus. That is not suffering for Jesus. We are going to pray for you that you realize what you have done and repent for the kingdom of God is at hand. So lets differentiate between the suffering for Jesus and suffering for yourself.

The suffering for Jesus is when you have not done anything wrong. You have not sinned against any person. You have not sinned against any laws. You are innocent. When you are innocent and righteous before God and before man and yet there are evil people in the world who still do evil things to you. That is where you really suffer for Jesus. The suffering for Jesus is when you are doing the right thing, when you are doing good, not evil and you are seeking to do your best to obey the Lord Jesus and glorify Jesus and you suffer for that. That is suffering for Jesus. When I first began to taste this part of the gospel called suffering for Jesus, I mean it's nice to taste all the various parts like forgiveness, healing, prosperity and all other areas. But a lot of people are claiming prosperity when forgetting that Jesus said, you shall receive a hundred fold with persecution. He said it in one sentence in Mark 10. So lets not forget the other part of the gospel that talks about suffering. We need to teach Christians what truly is a Christian suffering and what is not so that we would be balanced. People thought that the faith message is all prosperity and wealth. The faith message will teach you to balance. Balance in the spirit, balance in the soul and balance in the body. Balance with God's Word. So we have here to understand suffering.

I did not understand what is involved until when in the early days of ministry, you get persecuted for things that you never do and people say that you did this and you did that when you didn't do it. Only last year they managed to clarify some accusations that were against me. In the early days of ministry when my ministry was coming up, because we teach a strong faith message, people started spreading rumors that we tell people to throw away their glasses, etc. We never taught such things. There were those who are closed with us who still wear thick glasses. I don't know who started those rumors and I found out that a foreign speaker had come and he had told people to do that. Then the very next week I came to preach in that place, not knowing what went on before, I only preached believe in God, have faith in God. So it was so closely associated and it looked like I was the one. For five years I was guilty until proven innocent. Only

last year or so, a group of those businessmen came and we had a meeting in the hotel. They said they like to find out my side of the story. I said good. This is the first time I ever been asked to tell my side of the story. So we sat down and I shared with them what actually happened on our side. I said, there would possibly be some mistakes we made but not that kind. After they heard our side of the story, they reported this side over there and finally the whole thing was clarified. We got a few witnesses who say I was not the one who told them to throw the glasses. It was the guy before me. As I was going through some of these things, I remembered it was heavy. I cried until I have no more tears to cry. It was during one of those times, when I was weeping before the Lord, weeping in His presence saying, why, why Lord. One of our favorite phrases when we are in trouble. The Lord told me, 'This is in His words you suffer.' At first I thought just endure but the Lord said, 'No, overcome it.' I said, Lord, isn't endurance overcoming. The Lord said, 'No, endurance is only endurance. To overcome you need to rejoice.' And I said, Lord, how to rejoice? I had to make myself rejoice. I had to find it inside my spirit. How to rejoice? The Lord began to show me how in His Word, it was a part of His command. Then I began to understand the difference between an overcomer and being an endurer.

We have a lot of endurers. But the blessing in the book of Revelation to all the churches is to him who overcomes. And I said, Lord, I want to learn to overcome not just endure. Enduring is not overcoming. This is not managing but barely get along. The Lord said, 'No, that is not the way to walk, not the way to overcome.' And He began to show to me the gospel of Luke chapter 6. Let me tell you, any difficulties or any crisis that you face, the first thing that you are tempted to lose is your joy. It's not anything else; the first thing you are tempted to lose is your joy. If you watch life circumstances, the moment thing confronts you; the first thing you are tempted to loose is your joy.

Luke 6 says in verse 22 *"Blessed are you when men hate you, and when they exclude you, and revile you, and cast out you name as evil, for the Son of Man's sake."* Verse 23, *"Rejoice in that day and leap for joy! For indeed your reward is great in heaven. For in like manner their fathers did to the prophets."*

So there it was and the Lord showed me these words. The Lord said,

'rejoice.' You don't feel like rejoicing but the Lord said, 'rejoice.' The Lord is not asking us when the persecution and suffering come, just endure. No, the Lord is saying rejoice. Believe me, I learned to rejoice when I don't feel like rejoicing. There were many times in Paul's life and in the natural it would be difficult to rejoice. It would be difficult to rejoice if they beat you on the back with sticks. But that's the kind of Christianity that they have in the bible. People who do not lose their joy is the life principle that people must be trained in. Far too many Christians are weaklings. Anything happens the joy leaves the window and go. That's not the type of Christianity that we have. We have the strong, rejoicing Christians who will spread the joy of the Lord. We do that not only on Christmas day. On December 25 we wish you a merry Christmas and on the 26th all hangover. It's everyday. The joy must fill us three hundreds and sixty-five days a year. The joy must be in our life. As I began to look at Paul's life, the Lord began to say Paul was not the only one. Every one of My disciples was like that. And I began to really examine the Word.

Acts 5, I want you to see the attitude that they have were so different. What wonderful Christians they were. That's the attitude that we want to teach. The attitude of Christians must be like the bible in Acts 5 the apostles where signs and wonders have taken place. I have lived and have good relationship and have been face to face in fellowship with men and women of God. Top men and women of God. International famous men and women of God. Let me tell you, I find that very few still have what they had in the book of Acts. As far as quality of character as well as power in ministry, the power in ministry we see here and there rising forth but it is the quality of character that we are talking about. That is what we want to produce to teaching the Word, quality, character Christians. I have met men and women of God, so called among the best the world has produced who are alive today. They are not quite like those joy filled Christians. Sometimes some of my associates, I gave them the job of taking care of those men of God who come through, they almost got stumbled. They said, man of God behaved like that, so fearful. This and that. I said, not everyone wants to have the character of Jesus. But almost everybody wants to have the power of Jesus. Yet Jesus wants us to have both His character and His power.

Now here the apostles in Acts 5, it says here after they were persecuted and things happened. Once you understand the past teaching you would have been

removed from your life, eye for an eye. Tooth for a tooth. That would have been eradicated because now you would respond with love. If everybody go eye for eye, tooth for tooth, everybody would be toothless. Acts 5: 40, now here the apostles themselves, they just brought healing to that man and they agreed with him that is Gamaliel. When they had called for the apostles and beaten them, they commanded that they should not speak in the name of Jesus and let them go. So they departed from the presence of the council and I want you to see what they do. Rejoicing. They were rejoicing that they were counted worthy to suffer shame for His name. What a different brand of Christianity we had. What strong character they had. We need to have that kind of character. We need to learn to rejoice in all circumstances.

The average Christians if verse 40 had taken place, and I heard it took place one time. They would go forty and they start cursing. They would say God send fire. I said, Lord, what kind of prayer is this. Are they Christians or not. The problem is that they are because they close their prayer in Jesus name. This is not what Peter and John did. They responded with love and they rejoiced. They rejoiced in God. They praise God. Paul was not the only one. Here we have the apostles rejoicing in God. See if Satan cannot steal our joy, he cannot steal our strength. No matter how difficult the crisis, the circumstances you faced, if you learn to rejoice in the Lord again I say rejoice, you will find strength to overcome all circumstances.

Secondly if Satan cannot steal your joy, he cannot steal your goods.

In the book of Proverbs 15: 15 it says, *"All the days of the afflicted are evil but he who is of a merry heart has a continual feast."* See when we have the joy of the Lord we have a continual feast. A feast represents provision. That's not the only place. In the bible God told the Israelites in Deut. 28, after pronouncing all the blessing from verse one to verse 14 and then all the curses from verse 15 to verse 45, He summarizes and tells them in Deut.28: 45 *"Moreover all these curses shall come upon you and pursue and overtake you, until you are destroyed, because you did not obey the voice of the Lord your God, to keep His commandments and His statutes which He commanded you. And they shall be upon you for a sign and a wonder, and on your descendants forever."* Why? He gives a reason in verse 47, *"Because you did not serve the Lord your God with joy and gladness of heart, for the abundance of everything, therefore you*

shall serve your enemies, whom the Lord will send against you, in hunger, in thirst, in nakedness, and in need of everything; and He will put a yoke of iron on your neck until He has destroyed you."

Now the Lord plainly says because they didn't serve Him with joy and gladness of heart. Because they lose their joy they will lose their goods. You see they have all the goods, He says for the abundance of things, all these abundance that they have, the blessing of God. You know how we human are; we tend to forget. We tend to be ungrateful. We tend to forget all the good things that we have. We tend to forget all the wonderful things that the Lord has blessed us with. In the time when these blessings are there we easily take them for granted. We take people for granted. We take God's blessing for granted. Because we do not rejoice, you see every time we rejoice and give thanks we are saying, God, we haven't forgotten You. When you stop thanking God for your pay cheque because it's normal. When you stop thanking God for your health. When we stop thanking God for all the houses that you have. For the cars that you have. For the provisions that you have. For the job that you have. When you stop thanking God and when you forgot to rejoice, you lose your joy. You are in a position where the devil can attack you. So the devil cannot steal your joy, he cannot steal your goods. Before he steals your goods, he steals your joy. So don't let him steal your joy. Your joy is your buffer zone. It protects you from being attacked by the devil. For the abundance of things if we rejoice and give thanks, we bless His name. We worship Him. We rejoice again we say rejoice. When we have the tremendous joy we have not forgotten our God. When we remember our God we will have a continual feast.

It's so important that Paul when he talks about offering; he says God loves a cheerful giver. The Greek word for cheerful also mean hilarious. God loves a hilarious giver. Think about that. People do not realize it. When they take their offering and put it into the offering bad as the worship, it's not only the amount and the percentage that you give that determines the return. The other determination is the condition of your heart. See if your heart is joyful it will cause a greater multiplication of your seed. That is why Paul is saying in II Cor. 9 that God loves a cheerful giver. One who is full of joy and then the devil cannot steal your blessings. Blessings are supposed to come back to you. He cannot steal.

If you are a cucumber giver and you give with a long face and all the grumbling, you don't realize it; Satan starts stealing your blessing that is supposed to return to you because you have no joy. If God has blessed you or on its way to bless you, whichever position you are in, do not let the devil steal your joy. Joy must be a part of our Christian life.

Do you notice that a normal relationship must be joyful? If your home is a good Christian home, it should be filled with joy. Do you notice what happens every time you discipline your children, joy leaves the window. It's still in the heart but I mean the experience of it. After the kids had done something wrong and you discipline them, perhaps you give them one whack of the cane. Tears flow from their eyes. They are not going to cry and laugh straight away. Every time my kids are disciplined, the whole atmosphere in the house is very serious. You hardly can smile in the thick cloud of seriousness. I always know that is not the normal relationship in the home. You cannot build a home with that kind of seriousness or that kind of joyless atmosphere. There must be joy. Usually when that happens, when everyone is quiet, and the only place that is very quiet is the graveyard, I always try to restore the relationship by trying to bring joy back. I let them settle down first. After a while when I guess it's about time then I would try to come near and tell funny story to make them laugh. The moment everyone laughs they look at your face. No more seriousness and the relationship is restored. That is when the kids can come near you and say, daddy or mommy I got this problem and I have got that problem.

The reason why teenagers feel estranged from parents when they grow up is because of the lack of joyfulness. You are the commander in your home. You make your home a boot camp. Home is not a boot camp. Home is a place of love. You can make mistake and be forgiven. It is a place to grow. We are not perfect parents. Some people run their home like real commander in chief. The parents are so serious, all the time that the children grow up without joy. Watch it, when they become teenagers, if they could escape, they will escape. Why, because they can laugh and have fun with their friends but not with you. Kids must look at the home and say my home is fun. Some people think that the eleventh commandment is thou shall not have fun. God didn't put the eleventh commandment there. He

wants us to rejoice. The kids should be able to say my home is where I laugh and cry and have fun. The reason why teenager starts leaving their home is because they look at their home, they look at their father and mother always quarreling, always fighting and scolding each other. But with their friends, they go fishing, they laugh, they rejoice. No wonder they like their friends more than their home. It should never be that way. When the children grow to teenagers they should still feel close to their parents. They should still be able to share their problems so that they could build strong family in God. The reason is lack of joy in the home.

Even in the church administration or in an organization, if you are an employer and you have many staffs. If your relationship with your staffs is such as you could not sort of have some humor and joy then something is wrong in your working relationship.

Some Christians think that just because they are Christians, they could cheat. They go to the office, they were supposed to work eight hours and they spend two hours doing devotion. Praying for two hours and they actually work for six hours. They rob their employer two hours. They write it off and say, after all I am praying. But no, if we are good Christians and we work for employer, whether the employer is Christian or non-Christian, we should give them the amount of hours that we are being paid for. If it is eight hours, give the full eight hours. Do your devotion outside your office time. Work is work; we should learn to build our devotional life with God.

For example, a pastor, if you are working with your elders, you notice the day you cannot laugh together with them is the day you start having relationship problem. As long as you could laugh together and rejoice together, whatever happens we are still all right. We have committee meeting and usually the whole group of them come. So one time we were having the meeting, one of my elders came late. We had settled an issue. All discussed and settled. So one of the leaders and he happened to be one of those who ask a lot of questions. So he asked an old question we have already settled. Then one of the leaders stood up and said, "Why didn't you come earlier," and before long those two were exchanging strong words. They lost their joy. I saw that if we don't restore joy, we are going to have a bad meeting. That kind of atmosphere is not conducive for church committee

meeting. You want to have teamwork; the basic thing of working together is to have good relationship with one another. Together we do the work. Let it be any kind of work, we need to have joy involved. When the two of them were firing each other with machine guns and cannonballs, every one in the meeting was very quiet and serious. There I was the chairman, I said, Lord, what shall we do? The Lord gave me an idea. Lets all stand and sing I love you with the love of the Lord and we are one in the bond of love. We sang this many rounds. In fact we sang it until I felt the joy restored. In fact the moment I said that, they did actually like what I did. While the two were firing away their cannon, the moment when I said, let us sing 'we are one in the bond of love', everyone burst out laughing. The moment they laughed, the atmosphere was back to normal. After we sang both of them became very quiet. They were usually the nosiest and most outspoken men but at that moment they were really like church mice. After the meeting, both of them came to each other and apologized to each other. See the key is to have the joy back.

Sometimes you husband and wife rub shoulder with each other; usually you don't want to see each other. So the relationship is not restored. Don't let the sun go down with your anger until joy comes back. You notice both of you could be very serious, then something very funny happens and both of you laugh. Suddenly it's restored. See when joy comes back, the relationship is restored.

Joy is important to relationship. Any person whom you cannot laugh and weep together with, you are not really close. In your working relationship, to really be able to work together, you have to laugh together and weep together. If you cannot do that, you are not close enough to work there. You are still stranger. There are people we get to know and we can get close and we can have working relationship. The oil that pours through is the oil of joy that restore it. So if Satan cannot steal our joy, he cannot steal our strength. If Satan cannot steal our joy, he cannot steal our goods and he cannot steal our relationships. If Satan cannot steal our joy, he cannot steal our health. Proverbs 17: 22 "*A merry heart does good like medicine.*" See if Satan cannot steal your joy, he cannot steal your health. If you watch your life carefully, usually in a world that we live in is very stressful. The people who are older and live longer are more healthy. They are merry and they have joy.

I wrote to the Encyclopedia Britannica for an article that I saw on laughter as the medicine and it came back with scientific research. I took a bit of it into my book on health. They scientifically analyze and saw that when a person laughs; there are chemical release in their body that causes their body to be more immune to sickness and affliction. This confirmed the bible. So you realize it is good to rejoice. It is good to have joy. It's healthier and we need to keep our joy so that we don't lose our health. For a merry heart do good like a medicine.