

20 Practical Ways to Fight for Joy Each Day

1. **Repent.** Repent of all known sin and threaten to kill it. You cannot pursue sin and God. We need to repent! “Be killing sin or sin will be killing you!”
2. **Pray.** Seriously pray. IOUS **Incline** my heart to your testimonies Ps. 119:36, **Open my eyes** to behold Your glory, ps. 119:18; **Unite** my heart to fear your name ps. 86:11; Satisfy me in the morning with your steadfast love Ps. 90:14.
3. **Read** to see and know Jesus, not to get through it. Pick a consistent time and place. Meet with Jesus there every day.
4. **Meditate** on scripture. Memorize a verse/promise out of your reading. Chew on it all day.
5. **Preach to yourself.** Tell your soul what to do—don’t let your soul/feelings tell you. Ps. 42.
6. **Spend time with God**-saturated people.
7. **Read Great Books.** My top-10: 1) Desiring God/ J Piper; 2). When I Don’t Desire God/ J. Piper; 3). Don’t Waste Your Life/ J. Piper; 4). Spiritual Depression/ Martin Lloyd Jones; 5). The Treasure Principle/ Randy Alcorn; 6). Holiness/ J.C. Ryle 7). Meditations on the Psalms/ C.S. Lewis; 8) The Cross of Christ/ John Stott; 9). Humility/ C.J. Mahaney; 10). Respectable Sins/ Jerry Bridges .
8. **Get Rest,** Exercise and Proper Diet: We’re embodied souls and the temple of God. Better quiet times come with taking care of the physical.
9. **See God in Nature: Transposition:** Trace the natural back to the Creator and worship him every day.
10. **Get a global vision:** What is God doing in the World? Missions/Voice of the Martyrs, etc.
11. **Sing:** Have a song on your heart.
12. **Load your device with God**-centered stuff. Put sermons, godly music, books, bible on your phone and listen. Don’t waste your commute. I like to listen to: John Piper, Mark Dever, C.J. Mahaney, Martin Lloyd Jones, John Macarthur—all available for free!
13. **Join** a life group. Join the church—become a member and practice real church membership.
14. **Avoid temptation:** Get away from anything you know cause you to fall.
15. **Study the attributes of God:** God’s holiness, goodness, love, justice, mercy, sovereignty, justice, omniscience, etc. Focusing on the God-ness of God gets our eyes off ourselves and leads to worship.
16. **Fast.**
17. **Come worshiping to church**/use church well. Be ready to be at church—plan ahead.
18. **Confess** your sins to someone and ask for prayer.
19. **Be patient** when the darkness doesn’t lift. (Ps. 40).
20. **Take communion regularly** and seriously.