

## HOLY SPIRIT: A JOYFUL SPIRIT

“My spirit rejoices in God my Savior” (Luke 1:47).

A spirit that is oppressed is unable to experience joy. It is also unable to respond to the leading of the Holy Spirit without a redirection of mood. Oppression can quickly turn to a lengthy depression, which is a condition of being pressed down emotionally. A depressed person is laden with unexpressed sadness. It is sadness out of control. It isn't always due to spiritual causes, but the spirit is always affected. If our soul is weighted down by anxiety and sorrow the spirit will be affected. “Why are you cast down, O my soul? And why are you disquieted within me” (Psalm 42:5). A disquieted soul is one in great commotion or turmoil. Whether due to a spiritual cause or not, a disquieted soul can hinder the spirit. Hope is in God (v. 5) who abides in us through the Holy Spirit. He is our healer, our “Counselor” (John 14:16, 26). When waterfalls of grief, loss, or discouragement sweep over us, we must seek God's love through the Spirit and put our hope God (vs. 7-8). By prayer we can seek God (v. 11). Reasons to rejoice are always in God our Deliverer. Watchman Nee says, “Indeed, no saint can genuinely rejoice out of any cause other than God Himself.”