



*the truth >>*

There is a big difference between happiness and JOY. In fact, what the world shows you on a daily basis is not even close to the real thing. *Oh friend, don't you want something real?* I do.

**Happiness focuses on feelings, and joy rests in truth.** It is fixed on a foundation outside of yourself. It's your Creator: the One who designed you for a purpose. He gives hope on good days and bad. Until your focus shifts off of yourself, you will be attempting to fill an emptiness that nothing can fill.

*Did you catch that?* It's not about you.

That TRUTH catapulted me into a journey of discovering a foundation that I could rest upon - the promises of God. I've learned that it's difficult to discern between truth and untruth. *In fact, sometimes untruth can look a lot like truth.* You have an adversary trying to tear your focus off of the right things. In the noise around you, he is trying his best to distract you.

**Welcome to the battlefield, saints.** Use these next 40 days to memorize these truths found in God's Word. It will set your mind free!

*your journey starts now.*



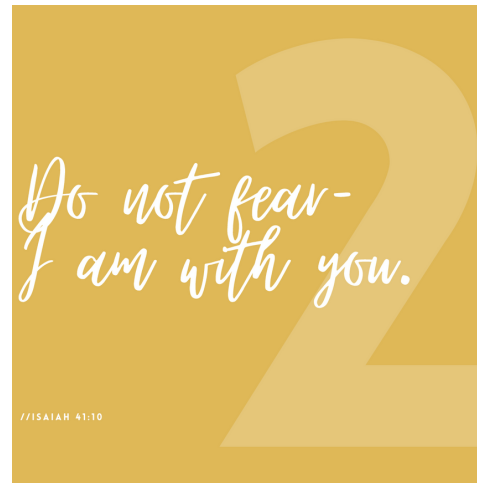
# 40 DAYS of Promises

OH HAPPY DAYS OF JOY.COM

*My grace is sufficient for you.*

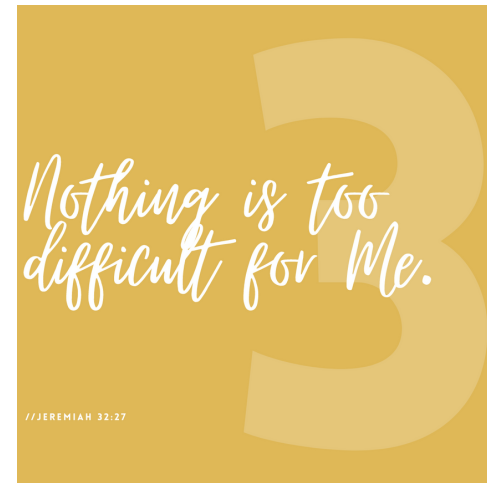
MY POWER IS MADE PERFECT IN YOUR WEAKNESS.

// 2 CORINTHIANS 12:9



*Do not fear - I am with you.*

// ISAIAH 41:10



*Nothing is too difficult for Me.*

// JEREMIAH 32:27



*Be still and know that I am God.*

// PSALMS 46:10



*Delight yourself in the Lord*

AND HE SHALL GIVE YOU THE DESIRES OF YOUR HEART.

// PSALMS 37:4

*Do not be anxious  
about anything*

BUT IN EVERY SITUATION—WITH PRAYER  
AND THANKSGIVING—PRESENT YOUR  
REQUESTS TO GOD.

// PHILIPPIANS 4:6

*Always give  
yourselves fully*

TO THE WORK OF THE LORD, FOR YOUR  
LABOR IS NOT IN VAIN.

// 1 CORINTHIANS 15:58

*If you lack  
wisdom, ask God—*

WHO GIVES GENEROUSLY TO ALL  
WITHOUT FINDING FAULT AND IT WILL  
BE GIVEN TO YOU.

// JAMES 1:5

*God has not given  
us a spirit of fear*

BUT OF POWER, OF LOVE AND OF  
SELF-DISCIPLINE.

// 2 TIMOTHY 1:7

*Rejoice always—  
pray continually.*

GIVE THANKS IN ALL CIRCUMSTANCES.

// 1 THESSALONIANS 5:16-18

*Anyone who  
belongs to Christ*

IS A NEW CREATION. THE OLD LIFE HAS  
GONE AND THE NEW LIFE HAS BEGUN!

// 2 CORINTHIANS 5:17

*The fruits of the  
Spirit are*

LOVE, JOY, PEACE, PATIENCE, KINDNESS,  
GOODNESS, FAITHFULNESS, GENTLENESS  
AND SELF-CONTROL.

// GALATIANS 5:22-23

*Whatever is true,  
noble, right, pure,*

LOVELY, ADMIRABLE— IF ANYTHING IS  
EXCELLENT OR PRAISEWORTHY, THINK  
ABOUT THESE THINGS.

// PHILIPPIANS 4:8

*His compassions  
never fail.*

THEY ARE NEW EVERY MORNING—  
GREAT IS THY FAITHFULNESS!

// LAMENTATIONS 3:22-23

*If we confess  
our sins—*

HE IS FAITHFUL AND JUST TO  
FORGIVE US OF OUR SINS.

// 1 JOHN 1:9

*Greater is He  
that is in you*

THAN HE THAT IS IN THE WORLD.

// 1 JOHN 4:4

*Seek first the  
kingdom of God*

AND LIVE RIGHTEOUSLY & HE SHALL  
GIVE YOU ALL THAT YOU NEED.

// MATTHEW 6:33



*He will keep in perfect peace*

THOSE WHO MINDS ARE STEADFAST BECAUSE THEY TRUST IN YOU.

//ISAIAH 26:3

*Trust in the lord with all your heart.*

LEAN NOT ON YOUR OWN UNDERSTANDING. IN ALL THY WAYS ACKNOWLEDGE HIM & HE WILL DIRECT THY PATHS.

//PROVERBS 3:5-6

*Our battle is not against flesh and*

BLOOD, BUT AGAINST PRICIPALITIES, POWERS, THE RULERS OF THIS DARK WORLD & THE SPIRITUAL FORCES OF EVIL IN THE HEAVENLY REALMS.

//EPHESIANS 6:12

*Nothing can separate us from*

THE LOVE OF GOD IN CHRIST JESUS.

//ROMANS 8:39

*The Word of God is alive & active.*

IT JUDGES THE THOUGHTS AND ATTITUDES OF THE HEART.

//HEBREWS 4:12

*I can do all things through*

CHRIST WHO GIVES ME STRENGTH.

//PHILIPPIANS 4:13

*Those that hope in the lord*

WILL RENEW THEIR STRENGTH. THEY WILL SOAR ON WINGS LIKE EAGLES; THEY WILL RUN & NOT GROW WEARY. THEY WILL WALK AND NOT BE FAINT.

//ISAIAH 40:31

*let us run with perseverance the*

RACE MARKED OUT FOR US - FIXING OUR EYES ON JESUS, THE AUTHOR & FINISHER OF OUR FAITH.

//HEBREWS 12:1-2

*Jesus Christ is the same*

YESTERDAY, TODAY & FOREVER.

//HEBREWS 13:8

*As for me and my house,*

WE WILL SERVE THE LORD.

//JOSHUA 24:15

*For we know that all things work*

TOGETHER FOR GOOD TO THEM THAT LOVE GOD - TO THEM THAT ARE CALLED ACCORDING TO HIS PURPOSE.

//ROMANS 8:28

*Be strong and courageous.*

DO NOT BE AFRAID. DO NOT BE DISCOURAGED, FOR THE LORD YOUR GOD WILL BE WITH YOU WHEREVER YOU GO!

//JOSHUA 1:9

*Confess your sins  
one to another*

AND PRAY FOR ONE ANOTHER, SO THAT YOU MAY BE HEALED. THE PRAYER OF A RIGHTEOUS PERSON IS POWERFUL AND EFFECTIVE.

// JAMES 5:16

*For I know the  
plans I have*

FOR YOU, DECLARES THE LORD. PLANS TO PROSPER YOU - PLANS TO GIVE YOU A HOPE AND A FUTURE.

// JEREMIAH 29:11

*Wait for the Lord.  
Be strong and take*

HEART AND WAIT FOR THE LORD.

// PSALM 27:14

*Count it all joy  
when you fall into*

TEMPTATION, FOR THE TRYING OF YOUR FAITH PRODUCES PERSEVERANCE.

// JAMES 1:2-3

*Do not conform  
to the pattern of*

THIS WORLD BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND.

// ROMANS 12:2

*Do not be afraid;  
keep on speaking.*

DO NOT BE SILENT, FOR I AM WITH YOU. NO ONE IS GOING TO ATTACK AND HARM YOU.

// ACTS 18:9

*If you have faith  
the size of a*

MUSTARD SEED, YOU WILL SAY TO THIS MOUNTAIN 'MOVE FROM HERE TO THERE' & IT WILL MOVE. NOTHING WILL BE IMPOSSIBLE FOR YOU.

// MATTHEW 17:20

*Always be prepared  
to give an answer*

TO EVERYONE WHO ASKS YOU TO GIVE THE REASON FOR THE HOPE THAT YOU HAVE.

// 1 PETER 3:15

*God demonstrated  
His own love*

FOR US IN THIS: WHILE WE WERE YET SINNERS, CHRIST DIED FOR US.

// ROMANS 5:8

*I have been  
crucified with Christ.*

I NO LONGER LIVE, BUT CHRIST LIVES WITHIN ME!

// GALATIANS 2:20

*Be content with  
what you have,*

FOR GOD HAS SAID: 'NEVER WILL I LEAVE YOU, NEVER WILL I FORSAKE YOU.'

// HEBREWS 13:5

