

GETTING IN THE SPIRIT 59

NEHEMIAH 8:5

5 And Ezra opened the book in the sight of all the people; (for he was above all the people;) and when he opened it, **all the people stood up:**

NEHEMIAH 8:6

6 And Ezra blessed the LORD, the great God. And all the people answered, Amen, Amen, with lifting up their hands: and they bowed their heads, and worshipped the LORD with their faces to the ground.

NEHEMIAH 8:7

7 Also Jeshua, and Bani, and Sherebiah, Jamin, Akkub, Shabbethai, Hodijah, Maaseiah, Kelita, Azariah, Jozabad, Hanan, Pelaiah, and the Levites, **caused the people to understand the law: and the people stood in their place.**

NEHEMIAH 8:8

8 So they read in the book in the law of God ***DISTINCTLY**, and gave the ***SENSE**, and caused them to understand the reading.

DISTINCTLY: parash {paw-rash'}
to make distinct, declare, distinguish, separate, clarify

SENSE: sekel {seh'-kel}
insight, understanding,

NEHEMIAH 8:9

9 ¶ And Nehemiah, which is the **Tirshatha**, and Ezra the priest the scribe, and the Levites that taught the people, said unto all the people, This day is holy unto the LORD your God; mourn not, nor weep. For all the people wept, when they heard the words of the law.

PSALM 19:8

8 The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes.

JEREMIAH 15:16

16 Thy words were found, and I did eat them; and thy word was unto me the joy and **rejoicing of mine heart**: for I am called by thy name, O LORD God of hosts.

NEHEMIAH 8:10

10 Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength.

PROVERBS 15:13

13 ¶ A ***MERRY** heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.

MERRY: HEBREW LEXICON -- STRONG'S NUMBER 8056
sameach {saw-may'-akh}
joyful, glad

PROVERBS 15:15

15 ¶ All the days of the afflicted are evil: but he that is of **a merry heart hath a continual feast.**

PROVERBS 17:22

22 ¶ A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

WEB MD SAYS:

Worrying is feeling uneasy or being overly concerned about a situation or problem. With excessive worrying, your mind and body go into overdrive as you constantly focus on "what might happen."

In the midst of excessive worrying, you may suffer with high **anxiety -- even panic -- during waking hours. Many chronic worriers tell of feeling a sense of impending doom or unrealistic fears that only increase their worries.**

Ultra-sensitive to their environment and to the criticism of others, excessive worriers may see anything -- and anyone - - as a potential threat.

Chronic worrying can affect your daily life so much that it may interfere with your appetite, lifestyle habits, relationships, sleep, and job performance. Many people who worry excessively are so anxiety-ridden that they seek relief in harmful lifestyle habits such as overeating, cigarette smoking, or using alcohol and drugs.

WHAT ABOUT ANXIETY

How does anxiety influence your health?

Throat troubles. That croaky, squeaky voice that seems to have possessed your vocal chords is your immediate reaction to a stressful situation.

Liver reactions.... Skin reactions. ...

An overactive spleen. ... Tense muscles. ...

Your heart. ... Your lungs. ... Your brain. ...

Your immune system. ... Your stomach. ...

WHAT ABOUT STRESS?

Common effects of stress

Indeed, stress symptoms can affect your body, your thoughts and feelings, and your behavior.

Being able to recognize common stress symptoms can help you manage them. Stress that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes.

MAYO CLINIC SAYS:

Common effects of stress

On your body

On your mood

On your behavior

Headache

Anxiety

Overeating or undereating

Muscle tension or pain

Restlessness

Angry outbursts

Chest pain

Lack of motivation or focus

Drug or alcohol misuse

MAYO CLINIC SAYS:

Common effects of stress

On your body	On your mood	On your behavior
Fatigue	Feeling overwhelmed	Tobacco use
SLEEP PROBLEMS	Irritability or anger	Social withdrawal
Stomach upset	Sadness or depression	Exercising less often

PSALM 16:11

11 Thou wilt shew me the path of life: in thy presence is **fulness of joy**; at thy right hand there are pleasures for evermore.

PSALM 30:5

5 For his anger endureth but a moment; in his favour is life: weeping may endure for a night, **but joy cometh in the morning.**

PSALM 32:11

11 Be glad in the LORD, and rejoice, ye righteous: **and shout for joy**, all ye that are upright in heart.

PSALM 51:12

12 Restore unto me **the joy of thy salvation;** and uphold me with thy free spirit.

NEHEMIAH 12:43

43 Also that day they offered great sacrifices, and rejoiced: for God had made them rejoice with great joy: the wives also and the children rejoiced: so that the joy of Jerusalem was heard even afar off.

ISAIAH 12:3

3 Therefore **with joy** shall ye draw water out of the wells of salvation.

ISAIAH 61:3

3 To appoint unto them that mourn in Zion, to give unto them beauty for ashes, **the oil of joy for mourning, the garment of praise for the spirit of heaviness;** that they might be called trees of righteousness, the planting of the LORD, that he might be glorified.

HABAKKUK 3:18

18 Yet I will rejoice in the LORD, **I will joy in the God of my salvation.**

ZEPHANIAH 3:17

17 The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.

PSALM 103:11

11 For as the heaven is high above the earth, so great is his mercy toward them that fear him.

PSALM 103:12

12 As far as the east is from the west, so far hath he removed our transgressions from us.

PSALM 103:13

13 Like as a father pitieth his children, so the LORD pitieth them that fear him.

ISAIAH 62:5

5 For as a young man marrieth a virgin, so shall thy sons marry thee: and as the bridegroom rejoiceth over the bride, so shall thy God rejoice over thee.

JOHN 15:11

11 These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

JOHN 16:24

24 Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.

JOHN 17:13

13 And now come I to thee; and these things I speak in the world, that they might have my joy fulfilled in themselves.

ROMANS 14:17

17 For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.

ROMANS 15:13

13 ¶ Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

I PETER 1:8

8 Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory:

I JOHN 1:4

4 And these things write we unto you, that your joy may be full.

PHILIPPIANS 4:4

4 Rejoice in the Lord always: and again I say, Rejoice.

NEHEMIAH 8:11

11 So the Levites stilled all the people, saying, Hold your peace, for the day is holy; neither be ye grieved.

JEHOVAH.OF.MIRACLES_ SAN.JOSE.CA THURSDAY_ 59-1126

E-49.....Praise the Lord. Praise the Lord. The joy of the Lord is our strength, isn't it? That's our strength; that's how we live, is by the joy of the Lord that's in our midst.....