

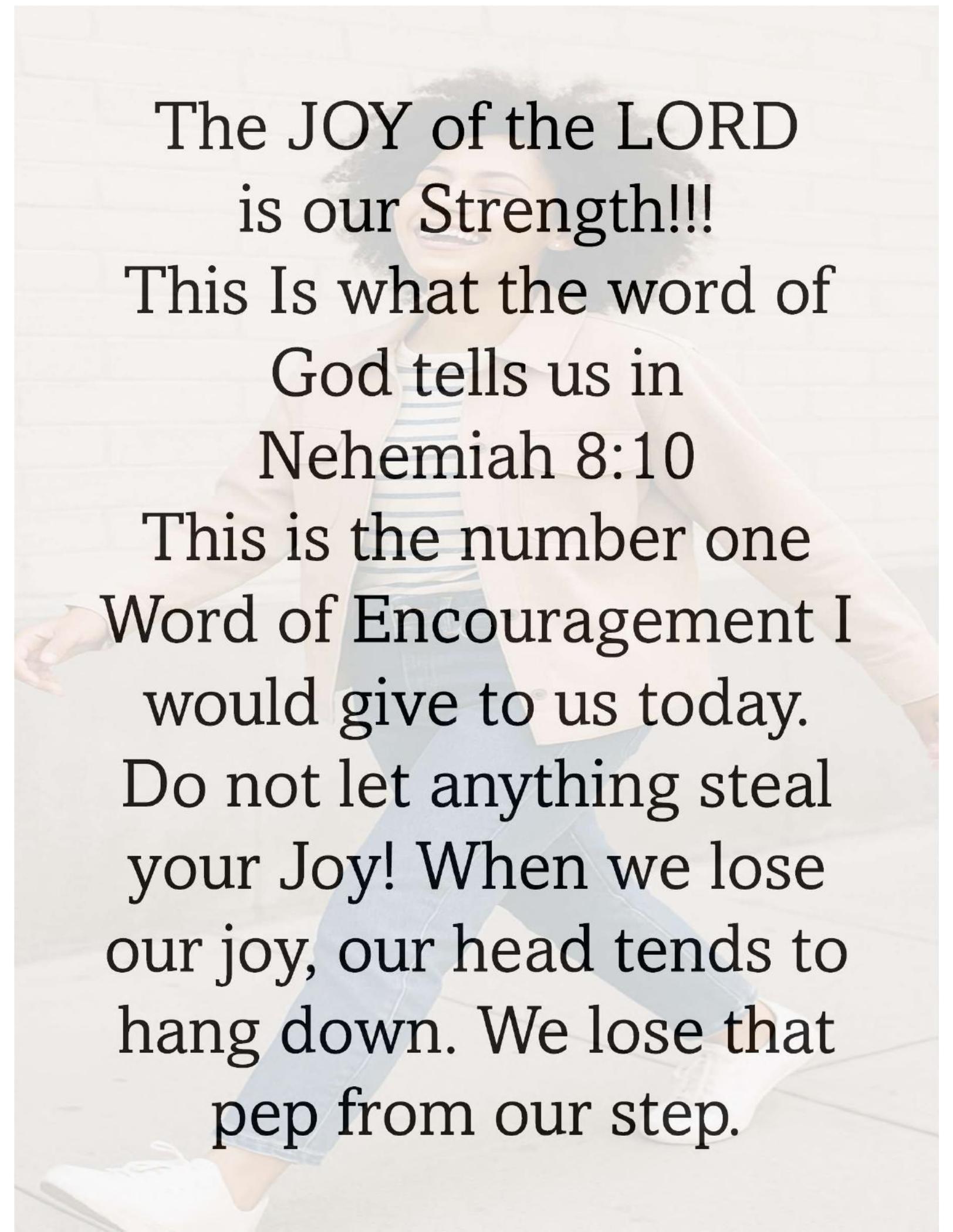
# Deeper Dive

July 23, 2025

**GET  
THE  
'PEP'  
BACK  
INTO  
YOUR  
STEP!**



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Women As Treasure ®



The JOY of the LORD  
is our Strength!!!

This Is what the word of  
God tells us in  
Nehemiah 8:10

This is the number one  
Word of Encouragement I  
would give to us today.  
Do not let anything steal  
your Joy! When we lose  
our joy, our head tends to  
hang down. We lose that  
pep from our step.

# HOW TO KEEP YOUR JOY!

First and foremost, Stay Positive. Philippians 4:8

“Finally, brethren,

Whatsoever things are **true**,

Whatsoever things *are* **honest**,

Whatsoever things *are* **just**,

Whatsoever things *are* **pure**,

Whatsoever things *are* **lovely**,

Whatsoever things *are* of **good report**;

If *there be* any **virtue**, and if *there be* any **praise**,

**Think on these things.”**

It can be easy to get tramped in the forest or lost in a forest-of-weariness. With 24/7 news, Social Media, Instagram, and Tic Tok to name a few vehicle's that are being used to keep us 'thinking' on anything, but the things listed above.

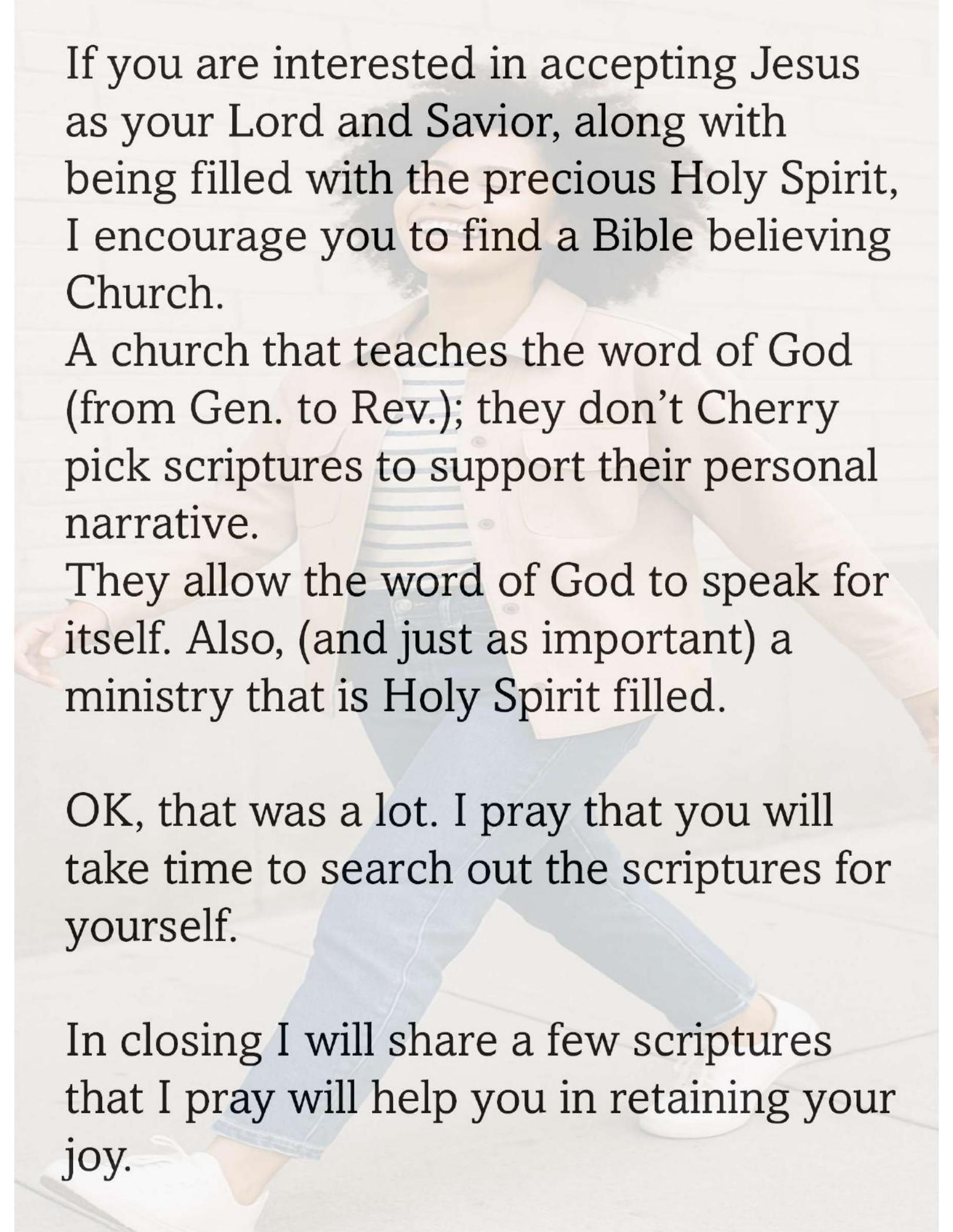
I hope that we can resist the temptation to being 'plugged-in' so to speak to 24/7 news. I place myself at the front of the line. Which is kind of ironic. As a child I disliked the news being on at noon and in the evening. Now here I am a news hound.

So, I have given you Phil. 4:8 and I never want to belittle the word of God. Please know that is not what these next few words are attesting to.

However, I hear in the back of my head... “That scripture is wonderful, but you don’t know what I’m dealing with! I am so tired of being hurt! I’m tired of being taken advantage of! I’m tired of \_\_\_ (you fill in the blank). Scripture will just be ‘words’ on a page in the Bible. With as much impact as reading a novel, if you do not have a personal relationship with our Lord Jesus Christ.

*[For the beginning or first steps to having a personal relationship – read Romans 10:8-10 – Believing and accepting Jesus as your Lord and Savior]* Or if you have not been filled with Holy Spirit *[here are a few scriptures regarding being filled with Holy Spirit]*

- Matt. 3:11
- Mark 1:8
- Acts 1:8; 2:1-47; 4:31
- John 1:33; 14:17; 14:26
- Gal. 5:16
- John 14:16; 15:26
- Isaiah 44:3
- Romans 15:13 *“May the God of hope fill you with all joy and peace...”*



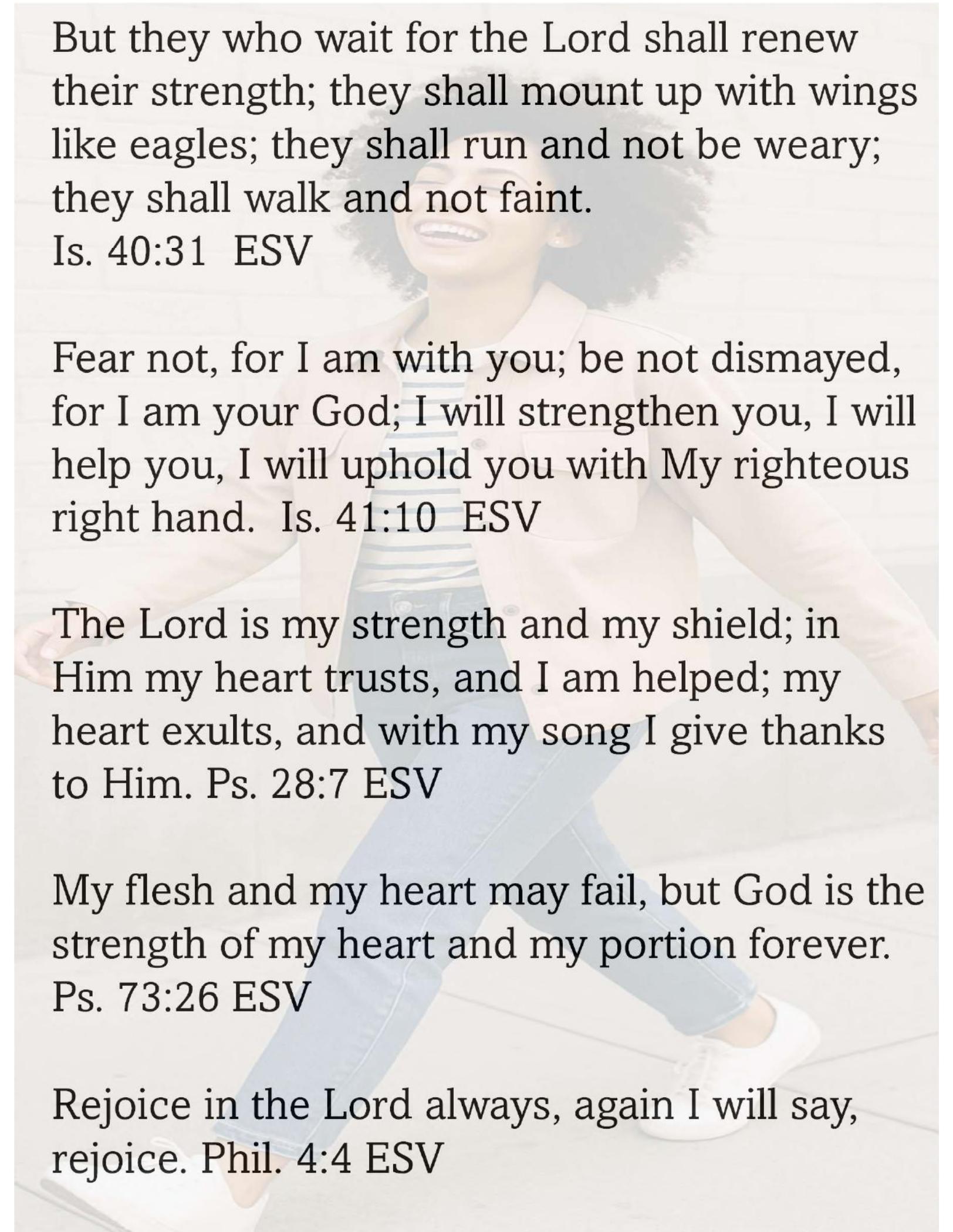
If you are interested in accepting Jesus as your Lord and Savior, along with being filled with the precious Holy Spirit, I encourage you to find a Bible believing Church.

A church that teaches the word of God (from Gen. to Rev.); they don't cherry pick scriptures to support their personal narrative.

They allow the word of God to speak for itself. Also, (and just as important) a ministry that is Holy Spirit filled.

OK, that was a lot. I pray that you will take time to search out the scriptures for yourself.

In closing I will share a few scriptures that I pray will help you in retaining your joy.



But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Is. 40:31 ESV

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with My righteous right hand. Is. 41:10 ESV

The Lord is my strength and my shield; in Him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to Him. Ps. 28:7 ESV

My flesh and my heart may fail, but God is the strength of my heart and my portion forever. Ps. 73:26 ESV

Rejoice in the Lord always, again I will say, rejoice. Phil. 4:4 ESV

# TIME TO GET YOUR 'PEP' BACK INTO YOUR STEP!

Focus on the Lord Jesus.

Don't focus on your problems.

Don't focus only on yourself.

Know and understand that the  
Joy of the Lord is your Strength!

Laugh, don't be so serious.

Spend time in prayer – talking  
and listening to what Holy Spirit  
has to say to you.

Spend time reading and studying  
the word of God.

Get out and make some 'good'  
friends. People that are where  
you would like to be.

Put your phone down and have  
personable conversations.

Set good achievable goals, create  
a plan to help obtain them.

In closing this is 'Cheesy' but-  
**Don't Worry Be Happy!** 😊



**WOMEN AS TREASURE®**

SEE YOU NEXT MONTH!!

Prophetess Wanda Tucker