

Dear NU Family,

Most people have the goal of being happy in life. Even the Greek philosopher Aristotle stated in *Nicomachean Ethics* that “happiness is the meaning and the purpose of life, the whole aim and end of human existence”. But I think there is something greater and deeper than happiness: JOY. Happiness depends on our circumstances, but joy is not dependent on our outward circumstances. Rather, joy is a blessing we receive from God; a character quality that is the fruit of the Holy Spirit living in our lives.

I encourage you to read Psalm 34:1-10 (NIV) and reflect upon it:

*I will extol the Lord at all times;
his praise will always be on my lips.
I will glory in the Lord;
let the afflicted hear and rejoice.
Glorify the Lord with me;
let us exalt his name together.
I sought the Lord, and he answered me;
he delivered me from all my fears.
Those who look to him are radiant;
their faces are never covered with shame.
This poor man called, and the Lord heard him;
he saved him out of all his troubles.
The angel of the Lord encamps around those who fear him,
and he delivers them.
Taste and see that the Lord is good;
blessed is the one who takes refuge in him.
Fear the Lord, you his holy people,
for those who fear him lack nothing.
The lions may grow weak and hungry,
but those who seek the Lord lack no good thing.*

In verse 8, David says, “Taste and see that the Lord is good”. Our joy must first be found in the realization that God is good, and we are blessed with his protection over our lives. In verse 4, David says, "I sought the Lord, and he answered me." We can have joy in knowing that God answers our prayers. What is your prayer? David continues in verse 4 to remind us that God delivers us from fear. What are you afraid of? Perhaps graduation is around the corner and you're afraid: God is your deliverer and protector! Verse 5 reminds us that we do not have to live with shame. Because we have nothing to hide in God, our faces can radiate with his love. And finally, in verse 7, we are reminded that angels protect us. There is protection over you today, from the God who loves you and is looking out for you.

C.S. Lewis wrote in his *Reflections on the Psalms* that "all enjoyment spontaneously overflows into praise... delight is incomplete until it is expressed". Let us express our joy to God today!


COMING UP THIS WEEK

Mon, March 27 | Chapel: Mara Danskin | Butterfield Chapel Balcony, 10 & 11:20am
Wed, March 29 | Chapel: Dr. Wayde Goodall | Butterfield Chapel, 10 & 11:20am
Thurs, March 30 | Last Lecture: Prof. Amy Sjoquist* | Perks Lounge, 7pm ***Spiritual Life Credit Offered**
Fri, March 31 | Chapel: Dr. Dave Thomas | Butterfield Chapel, 10 & 11:20am

This week we are talking about the Holy Spirit in chapel, led by two of our own professors. Join us Wednesday and Friday!



MARCH GUEST: AMY SJOQUIST




Last Lecture

**PLEASE JOIN US AS THIS IS
AMY SJOQUIST'S ACTUAL LAST
LECTURE AT NU.**

WE CHALLENGED STAFF AND FACULTY TO THINK DEEPLY ABOUT WHAT MATTERS TO THEM AND ULTIMATELY, IF THEY HAD ONE LAST LECTURE TO GIVE TO THEIR STUDENTS, FAMILY, AND FRIENDS...WHAT WOULD THEY SAY?

7PM | MAR 30 | PERKS LOUNGE



With joy in Christ,

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