



# THE JOY *reset.*



UNVEILED LIVING DEVOTIONAL

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"TO CONSOLE THOSE WHO MOURN IN ZION, TO GIVE  
THEM BEAUTY FOR ASHES,

# **THE OIL OF JOY FOR MOURNING,**

THE GARMENT OF PRAISE FOR THE SPIRIT OF  
HEAVINESS; THAT THEY MAY BE CALLED TREES OF  
RIGHTEOUSNESS, THE PLANTING OF THE LORD, THAT  
HE MAY BE GLORIFIED."

ISAIAH 61:3 NKJV

THE JOY RESET

# WHEN JOY FEELS FAR AWAY

I am a naturally joyful person.

I love laughing—like, full-on snort-laughing that makes other people laugh just hearing it. (In fact, my senior year of high school, I won "Most Hilarious Laugh." Yes, I'm proud of that title...LOL!)

Laughter has carried me through a lot. It's my default, my natural rhythm. I'm incredibly thankful that joy is something I've always seemed to carry deep within me. But I'd be lying if I said I never had to fight for it.

There have been days when joy felt like it leaked right out of my soul. Like I was walking around with a slow drip and didn't realize it until I was dry. Overwhelmed. Anxious. Worn down. Done. (Yes, literally done.)

Recently? That happened. I wore myself so thin, I couldn't bounce back in a week or two like usual. It took me over a month to recover from a crazy season of to-do's, deadlines, and situations outside of my control. And I'm not talking about surface-level tired. I was mentally, emotionally, and spiritually wiped. Fragile. Stressed. Triggered. My body responded with anxiety episodes I hadn't seen in years.

That's when I knew—this wasn't just a burnout moment. It was time for a Joy Reset. If only it were as easy as pushing a button.

But the truth is? We actually do have a reset—and it's found in the Word of God. In this Martha-driven, do-all-the-things season, I knew I had to return to Mary time. The sit-at-His-feet kind of time. The kind that's not optional if you want to breathe again. It wasn't about producing or fixing. It was about being with Him. Letting His presence settle the chaos. Letting His promises slowly do their work.

And that's where the joy started to return—not all at once, but breath by breath. Truth by truth. Prayer by prayer.

Many nights, I found myself crawling to my prayer closet—2 a.m., 4:30 a.m., 12 p.m.—didn't matter. I just knew I needed the Word of God to anchor me. I'd speak it out loud, declare it over my life, and let it fill the cracks where joy had leaked out.

And one verse kept finding me.

THE JOY RESET

# WHEN THE OIL OF JOY RUINS YOU

"To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the Lord, that He may be glorified." — Isaiah 61:3 (NKJV)

This verse—oh, this verse. It held me when I felt like I was unraveling. It reminded me that the reset I was after wasn't just to sit in my prayer closet and read scripture like a 2 minute devotional I'm rushing through. No, it was about an exchange. A holy, messy, soul-deep exchange. And right in the middle of it? Was the phrase that wrecked me—in the most beautiful way:

***"The oil of joy for mourning."***

Have you ever touched oil? You can't wipe it off easily. It stains. It seeps into fabric, sinks into skin, and shifts everything it touches. And when God talks about giving us the oil of joy—He's not talking about a dab on the forehead and a pat on the back. He's talking about a soaking. A covering. A sacred undoing of everything heavy that's been holding us down.

In my prayer closet—literally surrounded by my clothes—I began to picture the exchange. I looked at my shirts hanging there and said out loud: "Lord, I'm trading this shirt of stress for Your shirt of gladness. I'm laying down this coat of heaviness for Your coat of light."

I wasn't just saying words. I was making a holy trade. And that moment became sacred.

That oil of joy ruined me—in the best way. It got into the parts of me I had hidden even from myself. It didn't erase the difficult season, but it soaked into it until I could breathe again. That's the power of Shemen Sason.



THE JOY RESET

# SHEMEN SASON

I love taking a deeper look so let's go.

Hebrew Word Insight: Shemen Sason - The Oil of Joy

Shemen (שמן) - Oil

Symbol of the Holy Spirit, consecration, healing, and blessing. It's what priests were anointed with. It's what kings were marked by. Oil meant set apart. Oil meant covered with purpose.

Sason (ששון) - Joy

Not mild, polite joy. This word means rejoicing so deep it leaps. It's the dancing, shouting, hand-lifted-high kind of joy. Joy that says, "I'm free again."

Together? Shemen Sason.

The divine soaking of God's Spirit that trades mourning for joy. That ruins your grief and replaces it with a new strength. That anoints you to walk forward—marked by His joy, not your past.

He doesn't just comfort. He re-clothes. He doesn't just dry your eyes—He drenches your spirit with celebration.

And that reset? It changes everything.

This is truly the most beautiful exchange from one garment for the other. And this is what we call the Joy Reset.



THE JOY RESET

# REFLECTIONS & DECLARATIONS

Real Talk Reflection:

- What's been draining my joy lately?
- Where have I ignored the invitation to reset?
- Am I trying to manufacture joy—or receive it?

Today's Joy Reset Step: Before this day ends, do one thing that brings you joy on purpose. Not because it's productive. Because it's life-giving. Sing. Paint. Laugh till you cry. Go barefoot outside. Watch the sunset. Dance in your kitchen.

Let it remind you that joy is sacred—and it's still yours because it's a gift from the Lord.

Joy Reset Declarations Say them out loud—especially when you don't feel them yet. That's where the power is.

1. I am anointed with joy—not just comforted.
2. The Word of God resets my weary soul.
3. Joy is my strength, not my reward for getting life right.
4. His oil of gladness heals every cracked and tired place in me.
5. I wear the garment of praise—not the spirit of heaviness.
6. My joy is rising. My roots are deep. And my God is faithful.

Jesus, You see me—right here, longing to feel light again. Thank You that You don't just patch up my brokenness—you pour into it. You soak the dry places with Your Spirit until life comes back.

Today, I stand in the middle of the mess and ask for the oil of joy. Not the shallow kind. Not the fake smile. But the real, Spirit-born joy that comes when You meet me in my prayer closet, in my tears, in my surrender.

I release what I've been carrying. I trade it—my stress, my fear, my striving—for Your presence. Cover me with Your gladness. Clothe me in Your praise. Mark me with a joy the world can't take away.

Let Your joy ruin me—in all the best ways.

In Jesus' name, amen.

THE JOY RESET

# GOD'S JOY

You made it through this little journey—and maybe, like me, you didn't just read it.  
You felt it.

Because here's the thing: this wasn't just about reclaiming a feeling.  
It was about reclaiming your foundation.

Joy isn't a cherry on top of a good life—it's the oil God uses to heal, to anoint, to mark us  
as His. It's what ruins us—in the most holy and freeing way—because once we've tasted it,  
we can't go back to surviving.

We've been called to live.

So when the heaviness creeps in again (because life doesn't stop), come back here.  
Speak the Word out loud. Trade the garment again.

Step back into your prayer closet—even if the floor is cluttered or your heart feels numb.  
He's still there. His oil still flows. And joy is still your strength.

The reset isn't a one-time moment—it's a rhythm.

A sacred habit of coming back to the only One, Jesus - strong enough to lift the weight  
and light the way.

So here's your reminder, your permission, and your invitation:

Let His joy ruin you again, and again, and again.

You're not just surviving—you're planted.

You're not forgotten—you're anointed.

You're not done—you're just getting started.

Now go live like it.

Still choosing joy,

Still standing in grace,

Still breathing in His oil—

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# WANT TO KEEP GROWING?

CHOOSE YOUR NEXT STEP.



DEEPLY  
rooted.

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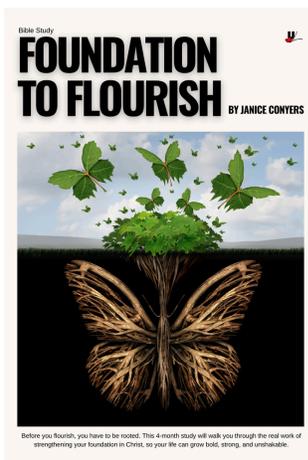


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**Deeply Rooted Bible Study** - If you've ever felt like your faith could be stronger, your relationship with God could go deeper, or that life's challenges shake you more than you'd like, this study is for you.

Faith isn't meant to be surface-level. It's meant to be rooted, unshakable, and strong enough to withstand whatever life throws your way. This 5-day devotional will help you dive deeper into God's Word, develop a stronger foundation in truth, and grow a faith that lasts.

Through scripture, reflection, and real-life application, you'll learn how to stay firmly planted in God's promises, even when life feels uncertain.



Before you flourish, you have to be rooted. This 4-month study will walk you through the real work of strengthening your foundation in Christ, so your life can grow bold, strong, and unshakable.

**Foundation to Flourish** - This 16-week Bible study is designed to help you dig deep and lay the kind of foundation that can actually hold the weight of your God-given purpose.

Through scripture, real-life application, and intentional reflection, you'll learn how to build your life on truth, strengthen your faith from the inside out, and grow into a person who flourishes—not just in the good seasons, but in the hard ones too. Because lasting growth always starts underground.

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