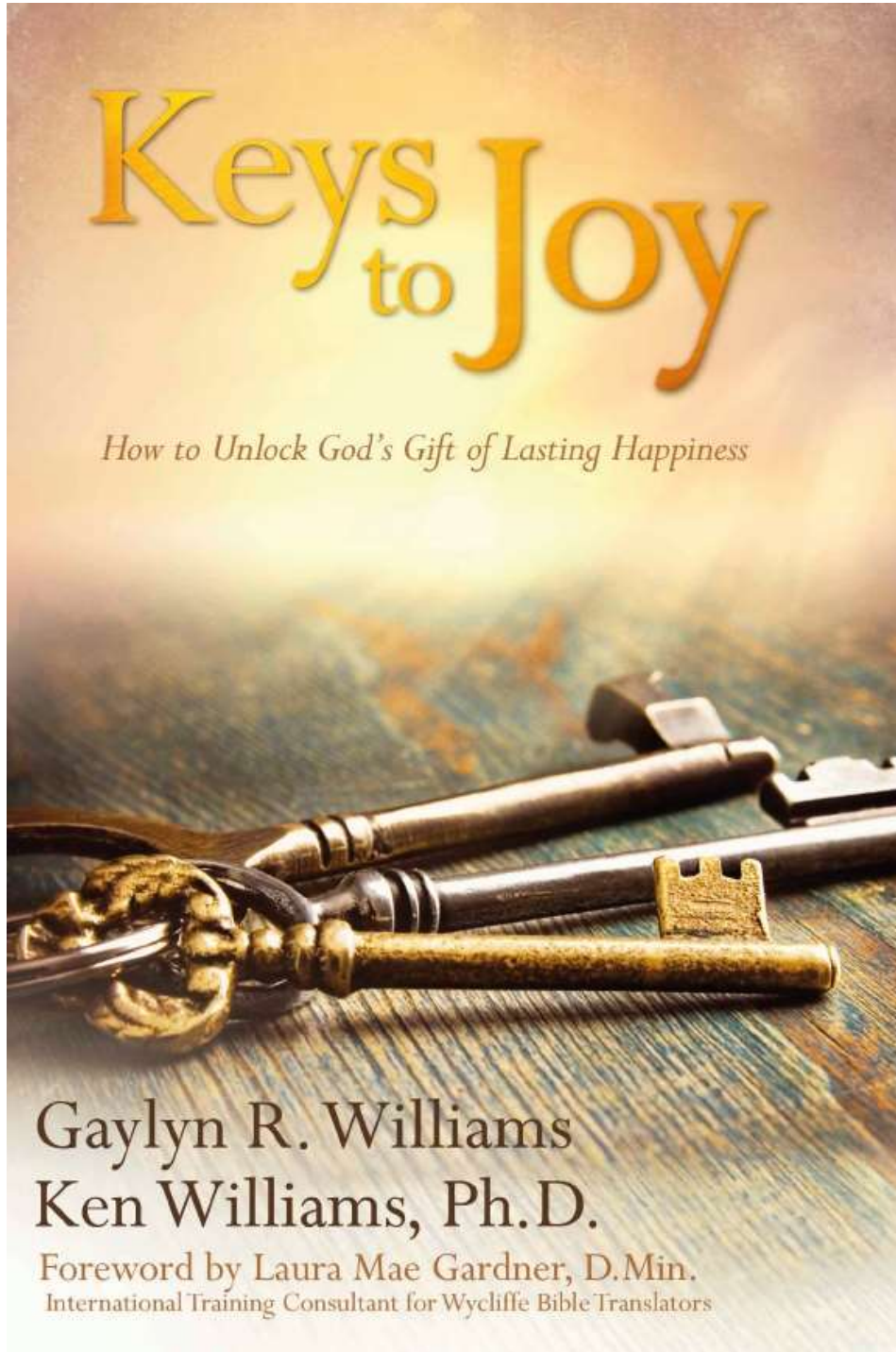


Sample Copy of

Keys to Joy: How to Unlock God's Gift of Lasting Happiness



Training Available on Finding Joy in Life

Are You Looking for Joy?

Join the crowd. Everyone searches for joy. Many seek it through health clubs, work, success, money, material possessions, and relationships, yet they discover that “things” don’t bring joy. Life’s struggles rob many of this mysterious fruit of the Spirit (Galatians 5:22). Consistent joy is a choice made moment-by-moment through application of clear biblical principles.

Are Trials Stealing Your Joy?

Whenever we face challenges or losses in our relationships, finances, careers or health, the first casualty is often our joy. Gaylyn Williams transparently shares how she rediscovered her joy in the midst of heartbreaking experiences including her son’s terminal illness and her fiancé’s tragic death. As she draws upon her own poignant stories, you’ll discover practical principles you can use to reclaim joy despite whatever challenges you may be facing.

No matter what you’re going through, you can be surprised by joy!

What this workshop includes:

- 1-8 hours of interactive training with Gaylyn Williams through whole group and small group interaction and practical teaching
- Opportunities to develop deeper relationships as you study the Word and discuss the principles taught in small groups
- Handouts for each participant include each key to joy we will address, for them to take notes and keep for further study
- Time to reflect on what God is saying to each person and write down what they want to begin doing differently as a result of this class
- Discount code to buy a copy of [Keys to Joy](#)

Contact Us

Learn more about how [Relationship Resources](#) can help you discover God’s unending joy. This session can be done along with the workshop on [Growing in Intimacy with God](#).

Get a free eBook, [Unlocking Joy](#), now.

Back Cover Copy

Does your joy seem elusive? The hurts of life, unhelpful habits and unhealthy attitudes all lock our joy for many believers. And it remains locked until they take action to open it.

Keys to Joy not only shows you the door, but gives you the keys you need to usher yourself into God's lasting joy. Discover how to:

- Climb to new heights of joy in your relationships with God, family and others
- Replace worry and fear with peace and contentment
- Demolish unhappiness, misery and discouragement
- Eradicate anything that locks joy out of your life
- Transform trials into stepping stones

In this practical, life-changing Bible study, you'll uncover strength and encouragement for your life. Each daily study includes powerful stories and Scriptures with questions for reflecting on the joy God has for you.

Keys to Joy is great for individuals, couples or small groups, and includes a leader's guide for a group study. It provides the biblical understanding and life patterns you need to live joyfully regardless of your struggles. Once you've opened the door to joy, you'll know how to assure it's never shut again.

Ken and Gaylyn Williams are an insightful father-daughter writing team and co-authors of *All Stressed Up and Everywhere to Go: Solutions to De-Stressing Your Life and Recovering Your Sanity*. Ken has a PhD in Human Behavior, served with Wycliffe Bible Translators for 53 years and founded International Training Partners, equipping Christian workers around the world. Gaylyn is the executive director of Relationship Resources, author of sixteen books, and a dynamic inspirational and motivational speaker. They both live in Colorado Springs, CO.

Order your copy of Keys to Joy today.

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Table of Contents

Endorsements	3
Copyright Information	5
Dedication	6
Foreword by Laura Mae Gardner	9
Introduction	11
How to Use This Book	15
Chapter 1: Finding Joy's Door	17
Chapter 2: Knowing God Unlocks Joy	26
Chapter 3: God's Word Reveals Joy	35
Chapter 4: Trust Releases Joy	46
Chapter 5: The Holy Spirit Releases Joy	55
Chapter 6: Obedience Restores Joy	66
Chapter 7: Prayer Maintains Joy	76
Chapter 8: Worship Unleashes Joy	85
Chapter 9: Trials Build Joy	94
Chapter 10: Friendships Increase Joy	105
Chapter 11: An Attitude Check Unbinds Joy	114
Chapter 12: Gratitude Encourages Joy	124
Chapter 13: Review Cements Joy	133
Topics for Further Study	143
Leader's Guide	145
Personal Preparation for Each Lesson	146
Leading the Study	147
About The Authors	162
About the Publisher	164
Other Books by The Authors	165

Foreword by Laura Mae Gardner

The privilege of writing this foreword is a precious one. Writing as co-authors—a father-daughter writing team—has its own challenges, but Ken and Gaylyn have managed that beautifully. And they've done it well.

Their topic is so timely, God's Word for believers for this day and this time. Joy. How much we want it! How much we yearn for it! But it seems elusive and theoretical. Ken and Gaylyn show us that it has the stuff of daily life in it.

Joy is not just for eternity or for Sunday, or for a special few. It's for today, for every day. And it's for all. They give us the keys to unlock joy.

This book is:

- Eminently practical
- Thoroughly Biblical
- Thirst-promoting

It fills me with eagerness to study it more and enthusiastic about promoting it. It is a super book!!!! I can't say enough good things about it.

Ken and his wife, Bobbie have been a significant part of my husband's and my life for 40 years. Their influence, wisdom and modeling have touched many, many lives, including ours.

Gaylyn is their oldest daughter. She has been active in ministry with Wycliffe Bible Translators, the Navigators and now is the Executive Director of Relationship Resources. She is a gifted woman, whose gifts have been matched by great suffering.

Gaylyn and Ken speak and write with candidness and dignity about the low places in their lives—times of discouragement and despair, of great loss and sadness. They also speak of the joy that sustained them during those times.

Knowing the authors and their lives makes this book ring with authenticity. They've been in the dark places. They've been sustained by God's Word, by Scriptural truths and principles. And they have learned about joy, and practice it. This isn't theoretical for either one of them. It is deep observations and commitments bathed in the waters of suffering.

In this book they have presented those truths in formats and with exercises that are easy to grasp, and practice. This book has the power to change lives of those readers who take it seriously.

I recommend this book and hope it has a permanent place on your book shelves and beside your devotional chair.

"Your principles have been the music of my life throughout the years of my pilgrimage" (Psalm 119:54, TLB). Ken and Gaylyn will turn the concepts about joy into music for your journey too.

—*Dr. Laura Mae Gardner, D.Min.*

International Training Consultant for Wycliffe Bible Translators

Introduction

With one phone call, in an instant my (Gaylyn's) life plunged from giddy happiness to devastating grief.

A week later, I lay curled in my bed sobbing, barely able to catch my breath. Storm clouds shrouded Pikes Peak that July afternoon. Thunder crashed nearby. I wondered, *How can I go on? Another loss. But this is so much worse than all the rest.*

As if from a long way away, I heard my eleven year-old son whimper, "I'm hungry, Mommy."

"I'm so sorry," was all I could say. I knew his heart was also breaking, but I couldn't force myself to get up.

The storm raging outside my window seemed to mirror my life. Just one week earlier, my life was filled with excitement, joy, hope, and more happiness than I had ever experienced. But that day, through the wracking sobs, I started thinking about all the losses I had endured. I cried, "God, why is everything important to me always taken away?"

My first great loss came when I was just six years old when I was left at a boarding school in Guatemala. Many nights throughout the eight years I lived there, I cried myself to sleep. Sometimes I cried over not having anyone to kiss my "owies" or tuck me into bed. Sometimes I wept over deeper losses, like when my best friend died tragically in a raging river.

After college, I married and became a Bible translator. But my struggles had just begun. Nine years into a difficult marriage, my second son was born with numerous problems. He only lived six short months. (I'll share more about him in chapter nine.)

Seven years later my turbulent marriage ended in divorce, and I found myself struggling to raise two rambunctious sons alone. Tears and heartache over my oldest son's destructive and painful choices filled many of those years. I often felt inundated with life.

Finally, after years filled with losses and hardships, my life appeared to make a U-turn. I fell in love with a wonderful man. When Ian proposed, it didn't just feel like a new chapter in my life, but a whole new book!

Then one month before we were to be married, I received that devastating phone call. Ian had just been killed on his motorcycle.

"No! No! It can't be!"

My life shattered once again. I was besieged by grief. It took every ounce of my energy just to get out of bed.

In the following months, well-meaning Christians slammed me with trite words, such as, "God must really love you, because he knows you can handle so much." The words were undoubtedly meant to encourage, but they left me cold. I began to wonder, *What kind of Father shows his love by taking everything good away from his child?*

I often wanted to give up. I just wanted to go be with Ian.

Through the dark nights filled with heartbroken sobs, God brought comfort through verses I had

Keys to Joy Sample

memorized, such as “Peace I leave with you, my peace I give to you.... Let not your heart be troubled” (John 14:27).

A song by Dennis Jernigan helped me get my focus off my grief as I sang it over and over: *You are my strength when I am weak. You are the treasure that I seek. You are my all in all. When I fall down You pick me up. When I run dry You fill my cup. You are my all in all. Jesus, Lamb of God. Holy is Your name.*

This song, along with reading the Word, praise and prayer, helped me focus on the Lord and find my strength in Him. The process was slow. Sometimes I wasn’t sure that God even cared about me. Eventually, I began to feel God’s peace surround me, like a warm blanket on a winter night.

I knew Philippians 4:4 says, “Rejoice in the Lord always,” but I wondered, *how could I have joy when my heart was breaking?*

During the months that followed, I had to moment by moment make the choice to focus on the Lord, despite my pain and heartache, even when I didn’t feel like it. It wasn’t easy and I didn’t always succeed. But as I chose to focus on who God is and what He’s done, I began to experience joy again. (Psalm 16:11).

Joy is a choice.

Storms still come and go. Whenever I focus on the storms, they *can* appear overwhelming. But when I gaze instead at my Father who loves me, I begin to have peace and joy. I may not understand why things happen, but I know I can embrace God’s love and trust his plans for me, no matter what the future holds. And so can you.

Looking for Joy?

Join the crowd. Everyone searches for joy. Many seek it through health clubs, work, success, money, material possessions, and relationships, yet they discover that “things” don’t bring joy. Life’s struggles rob many of this mysterious fruit of the Spirit (Galatians 5:22). Consistent joy is a choice made moment-by-moment through application of clear biblical principles.

Keys to Joy is a practical Bible study to help you discover and maintain true joy. This study presents twelve keys to Christian joy. These keys come from the hundreds of references to joy in the Bible and deal with three major relationships—God, others, and ourselves.

Our study uncovers various areas that lock this door. It then offers practical suggestions to unlock it and keep it open. The principles come from what we have both learned to apply from the Word in our lives—especially in the difficult times.

Each chapter contains two sections. The first section, “Discovering the Key,” explains the specifics about the key to joy and gives personal illustrations. The stories in these are written primarily by Ken, unless otherwise notes.

The second section of each chapter, “Opening the Door to Joy,” is a personal Bible study to help you dig into the Scriptures for yourself. The questions in this study are designed to help you discover the content and meaning of the Scriptures while providing ways to practically apply

Keys to Joy Sample

it to your life.

In 1993 we wrote a book called *The Door to Joy*. Parts of this book are taken from that one. In the years since we wrote that, we have both continued in our quest to use our keys to joy. It's a challenge for us, as it is for most—if not all—people. Our enemy does not want us to experience joy. He does not want us to grow in our relationship with the Lord. He wins if he can keep us focused on our circumstances, rather than on the Lord and on using our keys to joy.

We want to challenge you not to give up, even if joy seems elusive. It's equally available to all of us.

As you begin this study, we pray God will daily increase your joy.

Ken and Gaylyn Williams

a father-daughter writing team

Keys to Joy Sample

How to Use This Book

This book can be used either alone, with a group or with one other person. We encourage you to study the materials on your own first, and then find at least one other person to study with. Sharing insights together will enhance your learning.

1. Before you begin studying each day, ask God to open your mind and give you insights into His Word. Ask Him to help you apply what you learn.
2. Do your study using a good modern translation of the Bible. Use other translations for a better understanding and clarification of the concepts presented. The questions were written using the New International Version (NIV). The Living Bible (TLB) and the Revised Standard Version (RSV) are referred to.
3. Use a standard dictionary or Bible dictionary to help understand meanings of words.
4. Some questions have many verses listed, and we encourage you to study them all to get a full understanding of the Scriptures. However, if time is limited, at least look at one or two verses for each question.
5. Each chapter includes “Challenge” questions for advanced students or those with extra time. They are designed to increase your understanding of the key to joy, but they are optional. If you don’t have time to study the “Challenge” questions as you go through the book, we’d encourage you to come back to them later.
6. Each chapter also includes “Journal” questions to help you dig deeper. They are designed to help you personalize and apply the lesson. Use another page—or a separate journal—if you need more space.
7. Write your answers in the space provided in the study. If you need more space for the “Journal” and “Challenge” questions, as well as any extra studies you would like to do, use a separate notebook or journal. Blank pages are included in the back of this book for your use.
8. If you are studying this book with a group, come to the study session prepared, and willing to share what you’ve learned. Then listen to what others have learned to increase the benefits of your search for joy.
9. A leader’s guide is included at the end of the study. It contains guidelines for the leader’s preparation and specific questions to highlight during the Bible study. We find joy, not by seeking it, but by using the keys found in Scripture and identified in this book. Study each chapter with an open mind and eagerly find your joy.

Keys to Joy Sample

Chapter 1

Finding Joy's Door

Discovering the Key

A group of army recruits marched around the base. Suddenly one broke away from the formation, and ran to a nearby door and opened it. "That's not it!" he cried and got back into line. Every time the formation passed a door, he broke rank, flung the door open, and, with great frustration, exclaimed, "That's not it!"

Finally the drill sergeant could take no more. He discussed the situation with the lieutenant, and they decided to send the soldier to the psychiatrist. In the medical office building, he ran down hallway after hallway opening every door, yelling, "That's not it! That's not it!"

After two weeks of intense observation, the psychiatrist told the man, "I'm sorry, but we're discharging you from military service. You have serious problems." After the doctor gave the man his discharge papers, he said, "You're free to go." Opening the outside door, the man shouted, "This is it!"

People are looking everywhere for joy's door. They try one thing then another, thinking, "Maybe this is it." They discover that it doesn't satisfy, so they try something else, only to realize, "That's not it."

After years of seeking joy in the wrong places, when I found Jesus Christ, my heart cried out, "This is it! He is the One I've been looking for all my life." For true joy, He's the only source.

As I followed Christ, I discovered joy is somewhat elusive. Even though I had wonderful joy in Jesus, it was like the sunshine on a cloudy day—shining brightly at times, but sadly missing and longed for at other times. Sometimes joy flows from us like a gushing spring, but much of the time we must hold on for dear life.

In his article, "Joy: The Illusive Fruit," Joe Aldrich said, "It takes time, diligence, patience and hard work to make an apple tree productive. Fruit is not instantaneous! It is a victory over weather, bugs, weeds, poor soil and neglect. If the Spirit's indwelling presence guaranteed the presence of joy, every believer would be rejoicing all the time. We're not. Joy, as a way of living, is a hard-won victory over entrenched attitudes of apathy, pessimism, doubt, unbelief and despair."

Joy is one of God's highest priorities for us. The Bible mentions it nearly six hundred times! I think the Lord talks about it so much because He really wants us to be filled with joy. He longs for us to live joy-filled lives!

Just what is this joy we're talking about? God's view of joy is very different from the world's view. Calvin Miller said in *The Taste of Joy*, "Many Christians confuse happiness with joy as did I. Happiness is a buoyant emotion that results from the momentary plateaus of well-being. Joy is bedrock stuff. Joy is a confidence that operates irrespective of our moods. Joy is the certainty that all is well, however we feel."

Joy isn't the momentary happiness we feel when everything goes right and problems are at a minimum. It doesn't matter what's happening in our lives. We can still have joy because it isn't a feeling based on circumstances. Joy is an attitude based on our relationship with God.

Some people hold onto a myth—if we're not joyful every minute of every day, we're terrible

Keys to Joy Sample

Christians. That myth can rob us of the little joy already in our lives! Every Christian struggles with a lack of joy at times, and I'm convinced that God's response is compassion, not anger. Our hope is that this study will help you become more consistently joyful in your walk with the Lord.

We can choose joy! Think about that for a minute. If God commands joy, then it must be possible to choose it. We can't make it appear magically with a snap of the fingers. But, we can determine to make joy an increasingly more important part of our lives. Each time we make a choice to rejoice, it becomes easier.

Recently I went through a severe struggle. One morning I woke up feeling overwhelmingly discouraged, so I turned to the Psalms for comfort. I "happened" to turn to Psalm 43:4 in the Revised Standard Version, "[You are] my exceeding joy." I exclaimed, "Wow, Lord! You don't just give joy. You are my joy! And You are not my common everyday joy, either. *You* are my exceeding Joy." In every spare moment that day, I thanked Him for being my true joy. And my discouragement? It evaporated as the warmth of God's joy flooded over me. It's hard to hold on to discouragement when we fill our thoughts with thrilling truths from God's Word.

It's wonderful to know that we can make a choice to rejoice. In *The Practice of Godliness*, Jerry Bridges says, "The choice is ours. We can be joyless Christians or we can be joyful Christians. We can go through life bored, glum and complaining, or we can rejoice in the Lord. It is both our privilege and our duty to be joyful. To be joyless is to dishonor God and to deny His love and control over our lives. It is practical atheism."

In Philippians 3:1, Paul made a fascinating statement, "My brothers and sisters, rejoice in the Lord! . . . It is a safeguard for you." At first I wondered what that meant. How could joy be a safeguard? Then I realized the danger of being a joyless Christian. When we lose our joy we're vulnerable to what I call "the devil's D's": doubt, discouragement, disillusionment, dejection, depression, despair, and finally, disaster! It should frighten us when we've lost our joy, because our safeguard against the enemy is broken down. Remember, we have a choice to rejoice.

This Bible study will cover twelve keys to joy. First let's look at the Master Key: "Rejoice in the Lord." In Philippians 4:4 Paul says, "Rejoice in the Lord always." When I don't feel like it, I wish he had said, "Rejoice in the Lord sometimes, or when you feel like it." But he says *always*. And then Paul says, "I will say it again: Rejoice!" The Lord is serious in His desire that we rejoice in Him, especially when we don't feel like it.

I wondered what "In the Lord" really meant, so I looked it up in a Bible commentary. It said, "In His fellowship, in His love and grace, and in the knowledge of His dominion over our lives and His rule over all our destiny." What a great encouragement this definition is to me! It tells me that joy comes as we snuggle into the arms of our loving, caring, and all-powerful Father who has everything under control. This quality of joy could never be found in mere circumstances.

Joy in the Lord isn't a one-way street. When we're snuggled in His arms, the Lord rejoices over us, too, and sings us a love song. Zephaniah 3:17 says, "The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing."

Consider this awesome reality! The God who created the universe is delighting in you right now with great joy. As He quiets your heart with His love, He bursts into song! Don't you catch the excitement? Maybe you're thinking. *That was for Israel, not for us.* According to Galatians 6:16, we are "the Israel of God." How much more does God rejoice over His beloved children, purchased with His Son's own blood!

God wants you to find the door to joy, but you must search in the right place. True joy is found only in your relationship to the Lord. Through the rest of this study you'll be given keys to open that door to joy. To have the fullest joy, you need to learn to use each key.

Keys to Joy Sample

Opening the Door to Joy

Day 1

1. Read "Discovering the Key."
 - List any new truths you uncovered.
 - What will you choose to apply from this section?

2. Write your personal definition of joy.

What difference do you see between happiness and joy?

3. How does the world search for joy? How successful are they?
 - According to Job 20:5, how long does worldly joy last?
 - List the places King Solomon searched for meaning and joy in Ecclesiastes 1:13-14.
4. What other places did King Solomon Search in Ecclesiastes 2:1-11?
5. What did he say about his search?

Ecclesiastes 1:14:

Ecclesiastes 2:1b, 11b

6. According to the following Scriptures, where do we find joy's door?
I Samuel 2:1

Keys to Joy Sample

Job 33:26

Psalm 16:11

7. Journal: List where you have searched for joy. Did you find it? If not, do you know why?

What could you do today to become more joyful?

8. Meditate on Psalm 16:11. Record how this verse speaks to you.

Day 2

1. What do Psalm 13:5 and Luke 10:20 say we are to rejoice in?

- Do you rejoice in those things? Why or why not?
- How do these verses affect you today?

2. Without believing in Jesus and trusting Him for our salvation, we will never find true joy. What do the following verses say to you?

Romans 3:23

Romans 6:23

John 3:16

Romans 10:9-10

3. If you haven't trusted Jesus, you can invite Him to come into your heart right now using the following prayer: *Dear Lord, I'm a sinner and need You. Please forgive my sins and make me a new person. Take over my life today. Thank You for sending Jesus to die for me. In Jesus' name. Amen.*

Keys to Joy Sample

4. What does Luke 15:7 say happens in heaven the moment we put our trust in Jesus?
5. How do you respond to that?

If you just prayed this prayer, we'd love to hear, so we can pray for you and encourage you. Email us at info@RelationshipResources.org.

6. Read Acts 16:25-34. What can we learn about joy from the Philippian jailer's response in verse 34?
7. Name one result of believing in Jesus. 1 Peter 1:8

Meditate on that verse. If you haven't experienced this result, ask the Lord to reveal why you haven't.

8. Write a prayer of thanks to the Lord for your salvation.
9. Journal: List one or two friends who are searching for joy in the wrong places. What specific things can you do to help them find it?

Day 3

1. What do Psalm 32:11 and 81:1 command us to do?
2. Over thirty commands in Scripture are given to rejoice and be glad. Why do you think God commands it so often?

Keys to Joy Sample

3. Challenge: List other commands to rejoice or to be glad, with their references.

What is God saying to you through these directives?

4. Who are we to rejoice in and why? See Psalm 97:12; Isaiah 61:10.
5. How do these verses impact you today?
6. List things in your relationship to the Lord that bring you joy.
7. Journal: Meditate on your list from question 5. How do these bring you joy today? If they don't, why do you think they don't?

Day 4

1. What do these verses teach about how we should rejoice?

Zephaniah 3:14

Zechariah 9:9

Luke 6:23

2. How much joy does John 17:13 say God wants us to have? (See NIV or TLB.)

- Are you experiencing as much joy as God wants you to have?
- What do you need to do to have more of it today?

3. Read Philippians 4:4 and 1 Thessalonians 5:16.

- How often are we to be joyful?
- How often are you joyful?

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- If there is a discrepancy between 3a and b, what might need to change?

4. How does Psalm 43:4 describe God?

How is this significant to you?

5. According to Psalm 126:2-3, what fills us with joy and gladness?

6. On a separate paper, or a blank page at the end of this book, list some of the things God has done for you and given you that fill you with joy. Keep this list handy so you can add to it. Whenever you feel discouraged, read through it and be reminded of all He has done.

7. Journal: Write a love note to God thanking Him for all He's done for you and all the joy He has given you.

Day 5

1. Review this study. What will help you find joy's door?

2. What keeps joy's door closed for you?

3. What can you do to open it more?

4. Meditate on and memorize a verse from this lesson that will help you find more joy. Write out the verse below.*

Keys to Joy Sample

5. How can you make this truth come alive for you?

6. 4. Journal: Write a prayer of commitment to follow through on what you learned in this study. Record any new insights the Lord gave you.

* For ideas on memorizing Scripture, go to <http://www.365NamesofGod.com>.

Order your copy of *Keys to Joy* today.

Keys to Joy Sample

Endorsements

“John records a wonderful statement made by Jesus, “I have told you these things so that you will be filled with my joy. Yes, your joy will overflow! (John 15:11 NLT) Jesus wants our joy to overflow. What are these things that Jesus spoke of? In this book, *Keys to Joy*, Ken and Gaylyn Williams, the father-daughter writing team, do us a favor by reminding us of the things that lead to joy in the Christian life. Based on the study of God’s Word, the contents of this book will lead the reader to a greater sense of who God is, and a deep abiding peace in the One who loves us and wants a relationship with his children.

—Bob Creson, President/CEO of Wycliffe Bible Translators USA

“In the midst of a world filled with broken promises and elusive dreams, *Keys to Joy* provides powerful clarity to obtaining lasting joy. Each chapter contains poignant narrative packed with spiritual truth and practical application. Everyone desires joy, but few discover the key to obtaining it. *Keys to Joy* unlocks the mystery of joy’s obscurity by providing 12 surprising truths. It’s a must read for every avid ‘joy’ seeker.”

—Julie Gorman, Founder and Executive Director for FYI

“Joy is one of the fruits of the spirit which I find so challenging to allow to grow in my life, especially during times of uncertainty and pain. Guilt and condemnation seem to follow during these difficult times. With much hope, Gaylyn and Ken, share not only their personal struggles on their journey to joy, but practical steps to allow joy to flourish in even the most challenging times.”

—Evelyn Sherwood, Wife, mother, grandmother and pastor’s wife

“‘The choice to rejoice.’ That phrase reverberates in my heart since reading this delightful, scriptural study on the keys to Joy. Ken and Gaylyn share personal experiences and give practical, biblical advice (keys) to help believers unlock the door to true joy.”

—Steven Sherwood Sr., Pastor of Fairview Baptist Church

Order your copy of Keys to Joy today.

Other Books by the Author

Battlefield Strategies for Every Believer

A Biblical Guide to Spiritual Warfare

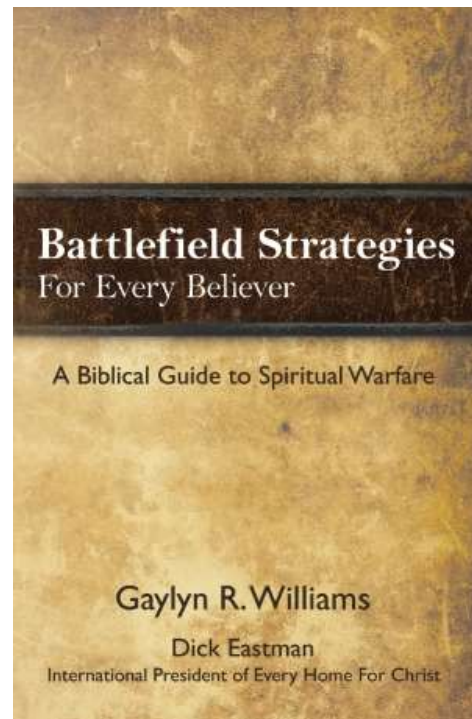
Do you feel confused, overwhelmed, fearful or defeated?

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- Expose the devil's playbook and render his tactics powerless
- Protect yourself and your family with powerful, strategic prayers
- Exchange bondage for the freedom Christ purchased on the cross
- Demystify the enemy and spiritual warfare biblically and effectively



This biblical guidebook empowers you to successfully block Satan's assaults today and every day. It is filled with Scripture, Bible study questions and proven principles, inspiring individuals and small groups to live victorious lives.

You'll discover greater power and authority as you focus on God rather than Satan.

From Forward by Dick Eastman, International President Every Home for Christ (and President of America's National Prayer Committee)

"In encountering *Battlefield Strategies*, I was struck by the fact that these very practices—the prayer strategies I've been using in my personal prayer life as well as in the EHC ministry—are just what Gaylyn Williams describes as "battlefield strategies" for victorious spiritual warfare. *Battlefield Strategies* is practical and engaging, with biblical insights woven together by an author who has faced her own share of difficult battles and emerged victorious in Christ. Gaylyn's humor and willingness to share from her heart and life will surely encourage you as you learn to walk in victory. Most of all, I am impressed by *Battlefield Strategies* because of its holistic approach and its clear focus on Jesus. Gaylyn thoroughly explores what the Bible has to say not just about spiritual warfare, but about every aspect that relates to our participation in it."

Keys to Joy Sample

All Stressed Up and Everywhere to Go!

Solutions to De-Stressing Your Life and Recovering Your Sanity

co-authored with Ken Williams, Ph.D.

From the daily hassles to the catastrophic events, this book will empower you to successfully de-stress your life and recover your sanity. You'll discover easy-to-use skills enabling you to gain greater freedom from life's ups and downs.

In today's fast-paced, overworked world, stress is all around us: the economy, finances, raising children, health, job, school, family or lack of it, elderly parents, divorce, tragedy, debt, death and conflict.

This is not an ordinary book about stress!

This unique workbook contains practical, biblical tools for attaining spiritual, emotional, physical and interpersonal balance. It is filled with powerful personal stories to illustrate principles, thought-provoking questions for individual or group study, Bible studies, self-assessments and easy-to-apply strategies to develop a balanced lifestyle.

As you explore the timeless connection between biblical principles and this practical, life-enhancing approach, you'll gain valuable solutions to cope with your own stress, as well as help friends and family.

These powerful strategies have been proven worldwide. Over twenty thousand pastors and ministry leaders in eighty countries have benefited from these life-changing skills. Ken and Gaylyn first tested them in their own lives and continue to use them on a regular basis.

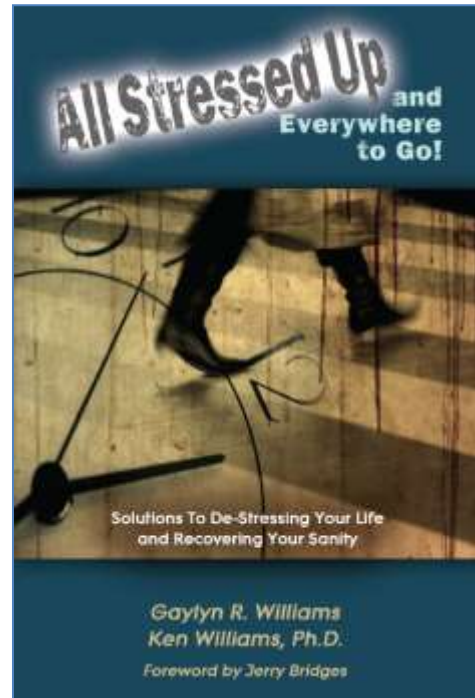
Rather than writing from a clinical perspective—although Dr. Williams, with his PhD in Human Behavior, could do that—they honestly share their personal experiences, having each dealt with numerous major and minor stresses. They have trained people in Christian organizations in these methods for twenty-five years. Now their work is available to you.

"I recommend you take the time to read this important book. The Biblical solutions and personal truths in this book can set your heart, mind and soul free. This book is a timely remedy for a culture consumed with pressure, over-scheduling, impossible deadlines and sleepless nights full of anxiety."

—**Gary Wilkerson, President of World Challenge and Pastor of The Springs Church**

"Dr. Ken Williams and his daughter, Gaylyn, have teamed up to provide an excellent resource for believers who want to de-stress their lives through the application of God's Word mixed with healthy counseling principles."

—**Bob Creson, President and CEO, Wycliffe Bible Translators USA**



Keys to Joy Sample

The Surprising Joy of Exploring God's Heart

A Daily Adventure with 365 of His Names

Embark on a Life-Changing Adventure!

Do you long to fall deeper in love with God? Would you like to come into His presence in new and fresh ways? In as little as five minutes a day, enhance your intimacy with God as you explore His names.

This powerful, daily devotional and journal will help you:

- Discover new insights into your awesome God.
- Experience comfort, strength and hope from understanding God's character.
- Expand your vision for God's power, majesty and greatness.
- Enjoy a growing passion for God through praise and worship;
- Transform your prayer life and strengthen your faith.

This unique treasure contains 365 names of God directly from the Bible. Uncover daily encouragement as you dig deeper into who God is and how He relates to you personally.

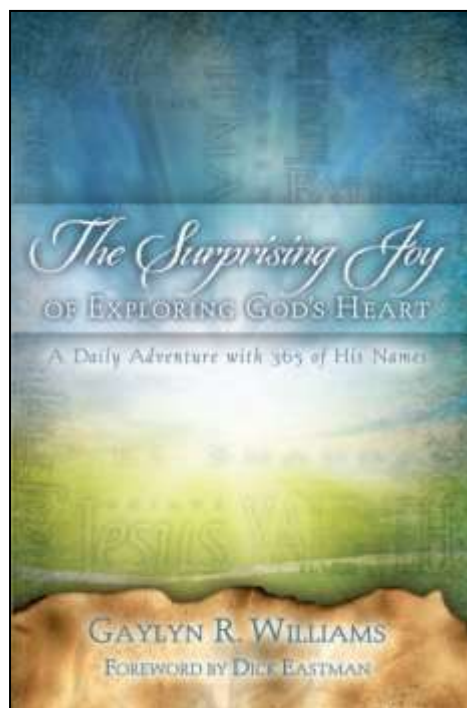
Individuals, couples, families and small groups can use this simple, yet powerful tool to climb to new heights in your relationship with God and others. You'll be forever changed as you get to know God in new ways.

"In this series, Gaylyn Williams has done a remarkable job of identifying and explaining the various names God uses to describe Himself. Meditating on these names, one day at a time, will help us to know God more intimately."

—**Jerry Bridges, Author of twelve books, including, *Trusting God***

"Knowing the names of God is to know the heart of God. Gaylyn helps us know God better by revealing his character and nature. Take the time to read this book and you will be changed."

—**Gary Wilkerson, President, World Challenge and Lead Pastor, The Springs Church**



This devotional has an accompanying journal.

Keys to Joy Sample

The Surprising Joy of Discovering How God Sees You

A Daily Adventure with Your Identity in Christ

Many people devote their lives to seeking love and approval from their relationships, possessions, career or appearance. True love and acceptance can only be found in God when you understand and believe what He says about you.

This unique treasure, revealing 365 truths about how God sees you, will:

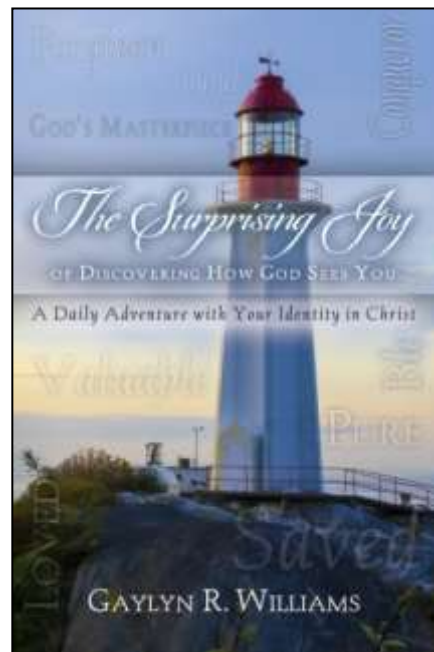
- Enable you to grasp God's image shaped in you
- Change how you live your life as you experience more of God's love
- Empower you to reach your full potential and recognize your great worth in God's eyes
- Increase confidence, understanding and acceptance in your life and relationships
- Stimulate an awareness of the power and authority in your life
- Encourage discovery of your destiny—what God created you to do

Uncover daily encouragement as you dig deeper into Scripture, discovering what God says about you. These devotional studies contain powerful Bible verses, personal illustrations, relevant prayers, thought-provoking questions and challenging meditations.

You'll be forever changed as you discover your true identity in Christ. This life-changing book will inspire pastors preparing sermons; small groups desiring a unique study; college and seminary students doing research; ministry leaders communicating God's love to those they serve; individuals, couples and families wanting to better understand themselves and others.

"I highly recommend Gaylyn's treasures taken straight from the Scriptures! Gaylyn's compilation of the Word of God with applications on 'How God Sees You' is vital for each of us. As you and I spend daily time in this resource, we will be reminded afresh of who we are in Christ. The result will be evidenced in our lives by greater cleansing, intimacy and power with our Lord. You will relish the time you spend sitting with Him and pondering these passages and principles. Get ready for wonderful times of refreshing from the Holy Spirit!"

—**Camilla Leathers Sebolt. Former Executive Director for Community Bible Study (1997–2013)**



This devotional has an accompanying journal.

Keys to Joy Sample

2031 Names of God

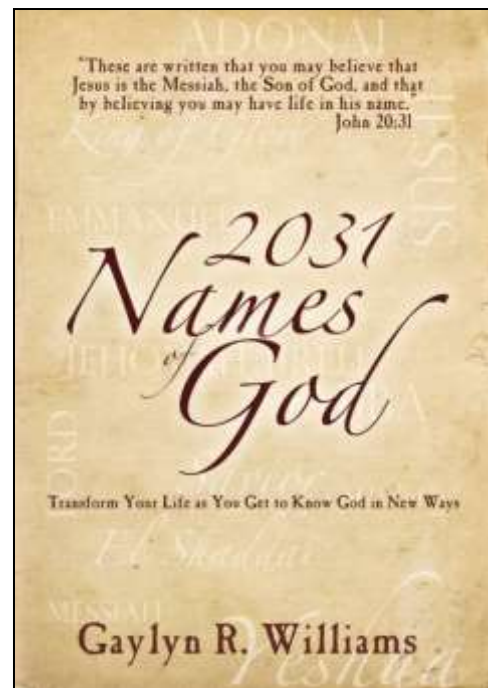
Transform Your Life as You Get to Know God in New Ways

Enhance Your Intimacy with God as You Explore His Names

Do you long for know God better? This simple, yet powerful book will help you:

- Experience the fullness of your awesome God through His names revealed in his Word;
- Come into God's presence in new and fresh ways;
- Discover comfort, strength and hope from understanding God's character;
- Expand your vision for God's power, majesty and greatness;
- Enjoy a growing passion for God through praise and worship
Transform your prayer life and strengthen your faith.

This unique treasure has 2031 names of God directly from the Bible, along with Scripture references and over 400 Greek or Hebrew names. Uncover daily encouragement as you dig deeper into who God is and how He relates to you personally. You'll be forever changed as you get to know God in new ways.



This life-changing reference book will empower:

- Individuals, couples and families wanting to grow in their relationship with God
- Small groups desiring a unique study
- Pastors preparing for sermons
- College and seminary students doing research for classes
- Missionaries and others in ministry seeking to maintain their love for God in difficult situations

“We serve an amazing God! Understanding and appreciating the character of the Lord is the beginning of knowing who we are in Him. In Gaylyn Williams’ *2031 Names of God*, she explores and uncovers who God is by examining the 2031 names given to the Lord. As a military retiree who spent 30 years serving my Nation and my Lord, how refreshing it will be to those who serve to discover in a more intimate way the Lord they serve through this journey Gaylyn will take you on.”

—**Brig General David B. Warner, USAF (Ret.), Executive Director, Officers’ Christian Fellowship**

Keys to Joy Sample

Never Do Fundraising Again

A Paradigm Shift from Donors to Lifelong Partners

co-authored with Ken Williams, Ph.D.

In this practical, biblical book you will discover how to:

- Convert one time gifts into lifetime support;
- Experience the amazing power of gratitude to motivate people
- Employ effective communication skills—both written and verbal;
- Transform the stress and drudgery of fundraising into a joyful ministry;
- Utilize proven strategies to spend less time, effort and money to maintain full support;
- Cultivate life-long ministry partners *and* close friends;
- Inspire your partners to become your best recruiters for more support;
- Enjoy freedom from worry about your financial needs.

Never Do Fundraising Again contains over 200 pages of proven strategies and skills for building and maintaining your support. It is filled with powerful stories from the authors' lives and others who are using the biblical principles.

This book is written by Ken and Gaylyn Williams, a father/daughter team with over 85 years' experience (combined) as supported missionaries. Gaylyn, as well as Ken and his wife Bobbie, served with Wycliffe Bible Translators.

"An outstanding book, applying Biblical principles to partner development."

—**Ken Royer, D.Min., Director of Pastoral Care, Link Care Center Fresno, California**

"This book reflects our core belief about the types of relations needed for sustainable, effective work (and life in general). Thanks for helping us understand resource realities (finances) in light of relational resiliency (friendships). Your use of metaphors, examples, Scripture and suggestions really help to make the material practical."

—**Dr. Kelly O'Donnell and Dr. Michèle Lewis O'Donnell, Consulting Psychologists, Member Care Associates, Inc.**

