Salvation and the joy that accompanies it are inseparable realities in the Christian life. Scripture teaches that salvation is not merely a legal standing before God but a dynamic, transformative experience filled with joy. Psalm 51:12 reminds us to pray,

“Restore to me the joy of your salvation”

(ESV), implying that this joy can ebb and flow and sometimes needs to be restored.

Where there is true salvation, there should also be joy reflecting the fruit of the Spirit (Galatians 5:22). If the joy is missing, it signals a spiritual problem, akin to eating food without salt something fundamentally lacking.

Many believers have accepted salvation, but not all experience the ongoing joy that should accompany it. Being saved means more than a one-time event; it is a continual experience of grace and peace (Romans 5:1–2). If joy is absent, something vital is missing in your spiritual walk.

1) Avoid Sin, Especially Sexual Sin

Sin damages our fellowship with God and robs us of the joy of salvation. David's life is a biblical example. Despite being a man after God's own heart (1 Samuel 13:14), David experienced deep sorrow and loss of joy after his willful sin with Bathsheba (2 Samuel 11). His repentance in Psalm 51 demonstrates a longing not just for forgiveness but for restoration of joy and fellowship:

> "Restore to me the joy of your salvation, and uphold me with a willing spirit." *(Psalm 51:12, ESV)*

Sin, especially persistent sin, hardens the heart and quenches the Spirit (Ephesians 4:30). Joy in salvation is not automatic but cultivated through holiness and obedience (1 Peter 1:15–16).

2) Read God's Word Regularly

The Word of God is the source of spiritual nourishment and strength. Hebrews 4:12 (ESV) states, *"For the word of God is*

living and active...” It reveals God’s character, reassures our faith, and equips us to endure trials (2 Timothy 3:16–17).

Neglecting Scripture leaves the believer vulnerable to doubt and fear (Romans 10:17). The Bible invites us to meditate on God’s commands and promises to experience life and peace (Psalm 1:2–3).

Proverbs 3:1–4 (ESV) beautifully connects obedience to God’s Word with long life, peace, and favor before God and man. Loving God’s Word is loving life itself.

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3) Be a Person of Prayer

Prayer is the believer’s lifeline to God. Jesus taught the necessity of prayer to resist temptation: *“Watch and pray that you may not enter into temptation”* (Matthew 26:41, ESV). Without prayer, believers become spiritually weak and vulnerable.

Prayer aligns our hearts with God’s will and invites His power into our lives (Philippians 4:6–7). A vibrant prayer life sustains the joy of salvation and builds resilience against trials.

4) Prioritize Worship and Fellowship

Corporate worship and fellowship are biblically mandated means of grace. Hebrews 10:25 (ESV) exhorts believers

> “Not neglecting to meet together, as is the habit of some, but encouraging one another…”

Worship is both an individual and communal act that nurtures joy and spiritual strength. The fellowship of believers sharpens and strengthens faith (Proverbs 27:17), and through it, God often ministers to our weaknesses.

Worship lifts burdens and fills hearts with peace and joy (Psalm 100). It opens us to the Holy Spirit’s renewing work, which sustains our salvation’s joy (Romans 15:13).

5) Keep Growing Spiritually

Sanctification is a lifelong process. The apostle Paul encourages

believers to grow *“in the grace and knowledge of our Lord and Savior Jesus Christ”* (2 Peter 3:18, ESV). Stagnation leads to spiritual weakness and loss of joy.

Just as a child grows beyond milk to solid food (Hebrews 5:12–14), Christians must mature by deepening faith, quitting sin, and actively sharing the gospel (Matthew 28:19–20).

Daily progress in holiness and witness sustains joy and keeps the believer connected to God’s purposes. Without growth, joy fades, and spiritual vitality diminishes.

Final Thoughts

Evaluate these five areas honestly. Where have you become complacent? Take steps today to restore or deepen your joy in salvation. Spiritual decline is not inevitable; restoration is possible through repentance and renewed commitment.

Remember, salvation itself is secure (John 10:28–29), but the joy of salvation requires ongoing obedience, fellowship, prayer, and growth.

Shalom

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