

New Christian Song 'Joy' Addresses Mental Health, Anxiety

A song addressing anxiety, "Joy," was written by Lion of Judah to remind us of our immediate access to Jesus' joy and peace. The music video shows the main vocalist of the song, Josh Bannister, walking around nervously at a party and it ends with him praying. The lyrics reassure us with these words:

"There is still fear/ There will be pain/ Maybe loss/ But I am sure/ Where once I was lost/ Now I am found."

Under the video, the band released a statement explaining its intention with the song:

"Taken from their forthcoming EP 'The Antidote', Joy is a song written as an antidote to anxiety. Eager to show the purpose of this song being an anthem to sing in times of struggles the music video shows the singer, Josh, facing social anxiety at a party and using the words of the song to remind himself of the truth that we have in Christ."

To watch the entire music video, [click here](#).