

Rejoice Always - Week 11

“Rejoice in the Lord always. I will say it again: Rejoice!” – Philippians 4:4

This verse has such great value to it. Did you know that when Paul was writing this, he was actually in prison for preaching about Jesus? Wow. He was in prison while talking about rejoicing in the Lord.

It is so easy to complain and sulk in sad, negative feelings when things aren't going our way. We all do it! But Paul is telling us to rejoice in the Lord always. That doesn't mean we have to be happy all the time, it is definitely okay to be upset and sad. God cares about our feelings and He wants us to bring them to Him.

I like to look at this verse as a reminder to approach everything with gratitude and remembrance of God's goodness. Even when life feels unfair, we can remember that God is still good. It is all about our mindsets.

In everything we do, we should be praying and thanking Jesus for who He is and for all He has done. So next time something doesn't go your way, or you are feeling sad, ask God to fill you up with His joy, the kind of joy that stays the same in every situation. Ask Him to switch your mindset from focusing on your problems to focusing on Him and all the good things He has done for you.

From Kaity