

**REJOICE IN THE
LORD ALWAYS;
AND AGAIN I SAY,
REJOICE.
REJOICE EVERMORE!***

*Really now? Be glad all the time?
This may be a Bible command.
But all our experience seems to say
it's simply not possible!*

*The same apostle Paul who told us to
rejoice always also said that the whole
creation groans in pain from
the beginning and will until our
bodies are finally made new.**

*HONESTLY,
From getting up time in the morning
until the blessed relief of sleep rescues
us at night, many of us know a lot more
about groaning in pain than we do
about getting glad.*

*NEVERTHELESS,
There it is, God's command:
"REJOICE EVERMORE."*

BUT HOW?

!!! GOD !!!

*Give God your best attention.
Trust the God Who is entirely
trustworthy. Rest in the God of peace
and the peace of God that passes
all understanding.*
Seek God. Long for God.
Wait on God.*

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*Hope in God. Worship God.
Praise God. Look to God.
Sing to God. Be quiet before God.
Set your affection on God.
Meekly, humbly repent
of all sin to God.
Meditate on God and His Word.
Pray without ceasing* ,
talk to God about everything,
commune with Him always
by all means, concerning all things.
In everything give thanks.*

REMEMBER:

*We are accepted in the beloved.
We are in Christ, He is in us.
Without Him we can do nothing.
Through Him who strengthens us
we can do all things.**

*WHEN YOU'RE MISERABLE
get alone with God.
Stay there as long as you must.
Whether by worship, praise,
thanksgiving, scripture reading,
or other means, get your attention
off yourself onto Him.
Be content in everything*
knowing that He is in charge
and can be trusted
with your now and your always.**

*Philippians 4:4-13, 1 Thessalonians 5:16-18, Romans 8:22, 23, 28

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