

Truly Great to Grow Together

4.1 Rejoice Always



Bible Verse: : Philippians 4:4

Rejoice in the Lord always. I will say it again: Rejoice!

Proclaim: *The joy of the Lord is our strength.*

Truth:

God has said: In the world, you will have tribulation. However, the Lord has won the victory for us over all these things, so we can rejoice always.



Lesson: (1) **Tribulations in this world** – *According to God's Word :*

We will face tribulations in this world. Even youths will feel weary and the strong may fall. Sometimes when we face different problems and stress, our hearts will be upset and troubled, and be as heavy as stones. (John 16:33)

(2) **Joy in the Lord's presence** – *However, God wants us to rejoice always and His word repeatedly says we are to rejoice in the Lord. The Bible states: God wants man to be contented and find lasting joy in His presence. Recent studies reported an interesting finding – on average, an adult laughs a maximum of five times a day. This is different from children who laugh more often, and those who are more joyful could laugh up to a hundred times a day. God wants us to have laughter, just like children. (Psalm 16:11)*

(3) **Great joy of trusting the Lord** – *We have great joy because we believe in the Lord. The apostle Peter said: "Though you have not seen Him, you love Him; and even though you do not see Him now, you believe in Him and are filled with an inexpressible and glorious joy". God has purposed to replace our sorrows and all worries with the great joy that He has given us. (1 Peter 1:8, Isaiah 61:3)*

(4) **A cheerful heart is good medicine** – *The Bible teaches: "A cheerful heart is good medicine, but a crushed spirit dries up the bones". A joyous heart is actually good medicine whereas negative emotions will affect health. Frequent worries and sorrows are harmful to our body. (Proverbs 17:22)*

(5) **A joyful person has greater strength** – *Demonstrate "a cork stopper that keeps floating on the water and cannot be pushed down" to explain that the joy of the Lord is God's people's great strength. In the church gatherings, we can see some brothers and sisters who are always happy and joyful. They tend to be stronger and be able to handle more challenges. The Lord's presence gives us joy and vitality from within our hearts! (Nehemiah 8:10)*

Conclusion: God is a giver of joy. Therefore let us not be troubled but trust in the Lord and rejoice in Him always.

Prayer/Invitation: Pray that today's truths will be written on our hearts in Lord Jesus' name.