

# 4.1 Rejoice Always

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

- **Philippians 4:4**

**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."

## Main Lesson Points:

- **Tribulations in this world** – Joh 16:33
- **Joy in the Lord's presence** – Psa 16:11
- **Great joy of trusting the Lord** – 1 Pet 1:8, Isa 61:3
- **A cheerful heart is good medicine** – Pro 17:22
- **A joyful person has greater strength** – Neh 8:10

Scripture:  
2 Corinthians 8:1-5

## Interesting Questions:

(Choose 1 or more to discuss)

- **How can we find joy even in suffering?**
- **When you suffered a big failure/disappointment, how did you face it?**
- **What does Philippians 4:4 say about being joyful?**

## The Joy of the Lord is Strength:

To say you can experience joy even during hard times sounds impossible, doesn't it? But with God all things are possible (Matthew 19:26). 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 peace and joy. We can rejoice always because Jesus has already secured our ultimate victory when He died on the cross and rose again. When we choose to accept His gracious gift of salvation, we share in this victory.

**Act:** Having a joyful heart is a choice. The next time something threatens to drag you down, choose to focus on Jesus and how He's already secured your victory. Choose joy!

## Think:

How does choosing to have a joyful heart demonstrate faith in Jesus Christ?

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## Pray:

Use the space below to write a prayer to God asking Him to keep your heart open to His joy always:

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