

# 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 grow tired and the strong may fall. Sometimes when we face different problems, our hearts are troubled and feel 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. We can find lasting joy in His presence. Studies showed that 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 great joy. (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** – *The joy of the Lord is our strength. Demonstrate "a cork stopper that keeps floating on water and bounces up again quickly after it is pressed down for a while". In the church gatherings, we can see some people 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.

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| <b><u>You Will Need:</u></b> | A BIBLE; VISUAL AIDS - Lesson Title and Memory verse Transparent container/glass of water; object that sinks (eg. stone); object that floats (bottle cork)  |
| <b>OBJECT LESSON</b>         | First place the stone and then the cork into the water  |
| <b>SHOW &amp; TELL</b>       | <ol style="list-style-type: none"> <li>1. Sinking stone symbolizes an unhappy/downcast person</li> <li>2. Floating object symbolizes a joyful, energetic person</li> <li>3. After pressure is applied to the floating object, it tends to bounce up again quickly to the water surface</li> <li>4. Likewise, a joyful person tends to recover quickly from pressure and stress</li> </ol> |
| <b>PRAY</b>                  | Pray to have a joyful heart, rejoicing always in the Lord.<br>Pray for your family members or friends to find joy.  |