

Rejoice Always!
1 Thessalonians 5:16-18



Rejoice Always

- **1 Thessalonians 5:16-18**

16 Rejoice always, 17 pray without ceasing, 18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

*From the rising of the
sun to its setting, the
name of the LORD is to
be praised!
Psalm 113:3*





*This is the day that the Lord
has made;
let us rejoice and be glad in it.*

Psalm 118:24

Rejoice in Your Youth

- **Ecclesiastes 12:1**

“Remember also your Creator in the days of your youth, before the evil days come and the years draw near of which you will say, “I have no pleasure in them”

Rejoice in Your Work

- **Ecclesiastes 3:12-13**

12 I perceived that there is nothing better for them than to be joyful and to do good as long as they live; 13 also that everyone should eat and drink and take pleasure in all his toil—this is God's gift to man.

- **Ecclesiastes 3:22**

22 So I saw that there is nothing better than that a man should rejoice in his work, for that is his lot. Who can bring him to see what will be after him?

Vocational Evangelism

- **Colossians 3:23-24**

23 Whatever you do, work heartily, as for the Lord and not for men, 24 knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

Rejoice in Your Wife and Family

- **Proverbs 18:22**

He who finds a wife finds a good thing and obtains favor from the Lord.

- **Psalms 127:3-5**

Behold, children are a heritage from the Lord, the fruit of the womb a reward. Like an arrows in the hand of a warrior are the children of one's youth. Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies at the gates.

Rejoice in Your Salvation

- **Isaiah 12:2-3**

2 “Behold, God is my salvation; I will trust, and will not be afraid; For the Lord God is my strength and my song, and he has become my salvation.” 3 With joy you will draw water from the wells of salvation.

Rejoice in the Fruits of the Spirit

- **Galatians 5:22-23**

22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.

Rejoice for Physical Health and Strength

- **1 Corinthians 6:19-20**

“19 Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, 20 for you were bought with a price. So glorify God in your body.”

Rejoice for Emotional Health and Strength

- **Proverbs 12:25**

25 “Anxiety in a man's heart weighs him down, but a good word makes him glad.

- **Proverbs 17:22**

22 “A joyful heart is good medicine, but a crushed spirit dries up the bones.”

Rejoice for Spiritual Health and Strength

- **Proverbs 28:7-8**

“The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults and with my song I give thanks to him. 8 The Lord is the strength of his people; he is the saving refuge of his anointed.”

- **Romans 15:13**

“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

How You Can Rejoice Always

3 Steps

1. Prayer

Philippians 4:6-7

“6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

How You Can Rejoice Always

3 Steps

1. Prayer

Jesus Knows All Our Needs and Can Relate to Our Problems

Hebrews 4:14-16

“14 Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. 15 For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. 16 Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

How You Can Rejoice Always

3 Steps

1. **Prayer**

The Prayer Life of Jesus, Our Example

Mark 1:35

“35 And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.”

Luke 6:12

“12 In these days he went out to the mountain to pray, and all night he continued in prayer to God.”

How You Can Rejoice Always

3 Steps

2. Study the Word of God

Psalms 119:105

“Your word is a lamp to my feet and a light to my path.”

Hebrews 4:12

“12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”

How You Can Rejoice Always

3 Steps

3. Put Your Faith into Action

James 1:22-25

“22 But be doers of the word, and not hearers only, deceiving yourselves. 23 For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. 24 For he looks at himself and goes away and at once forgets what he was like. 25 But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.

How You Can Rejoice Always

3 Steps

3. Put Your Faith into Action

Galatians 6:9-10

“9 And let us not grow weary of doing good, for in due season we will reap, if we do not give up. 10 So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.”

Rejoice Always!

- **Romans 5:3-5**

“3 Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, 4 and endurance produces character, and character produces hope, 5 and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.”