

# REJOICING AT ALL TIMES

The Apostle Paul wrote,

“Rejoice in the Lord always. Again I will say, rejoice.” (Philippians 4:4)

“Rejoice always,” (1 Thessalonians 5:16)



We must simply **LEARN** to rejoice  
at **ALL** times by continually making a  
**CHOICE** to do so

- Rejoicing at all times keeps us encouraged in our walk with the Lord
- It helps us to remain passionate about life
- It helps us to keep getting up when we are knocked down
- It helps us to fulfil our God given destiny



**The Apostle Paul wrote,**

**“And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.” (Galatians 6:9)**

# Why it is so important to rejoice at all times:

**1) Because we will all at times go through trials and challenges in life, *especially* if we want to live wholeheartedly for the Lord**

- Rejoicing in the Lord at all times helps us to even enjoy the wilderness seasons of our life

**The Apostle Paul wrote,**

**“Yes, and all who desire to live godly in Christ Jesus will suffer persecution.” (2 Timothy 3:12)**



**The Apostle Paul also wrote,** “And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure.

“Concerning this thing I pleaded with the Lord three times that it might depart from me. And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.”

**(2 Corinthians 12:7-9)**



**Jesus Himself said,** “These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation, but be of good cheer, I have overcome the world.”  
**(John 16:33)**



**Jesus also said,** “If the world hates you, you know that it hated Me before it hated you. If you were of the world, the world would love its own. Yet because you are not of the world, but I chose you out of the world, therefore the world hates you.” **(John 15:18-19)**

## 2) It helps us to grow in Christlike character as we learn to overcome life's challenges with a right attitude

In the book of James we read,  
“My brethren, count it all joy  
when you fall into various trials, knowing that  
the testing of your faith produces patience.  
But let patience have its perfect work, that  
you may be perfect and  
complete lacking nothing.”  
**(James 1:2-4)**



### 3) We will keep a sweet spirit



- We either become better or bitter through life's trials and disappointments

The Apostle Paul wrote,



“Let your *gentleness be known to all men.*  
The Lord is at hand.” **(Philippians 4:5)**

**In the book of Proverbs we read,**

“A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.” **(Proverbs 15:13)**

## 4) It helps us to stay encouraged in our walk with the Lord

- Discouragement will prevent us from realising our full potential in life
- We need to learn to continually encourage ourselves in the Lord
- In the old Testament we see how the prophet Habakkuk had become very discouraged and cynical as he looked at the world around him



**We see this in his question to the LORD;**

“O LORD, how long shall I cry, And You will not hear?

Even cry out to You, “Violence!”

And You will not save.

Why do You show me iniquity,

And cause *me* to see [\[b\]](#)trouble?

For plundering and violence *are* before me;

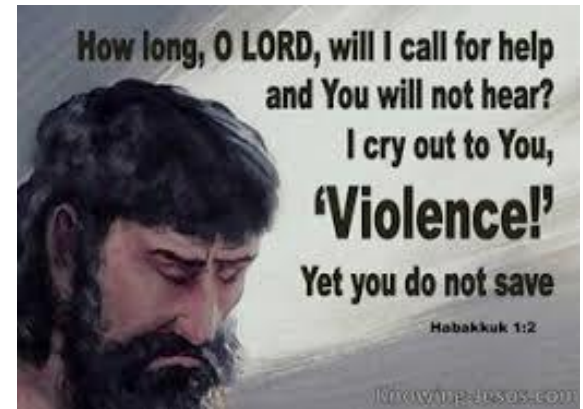
There is strife, and contention arises.

Therefore the law is powerless,

And justice never goes forth. For the wicked

surround the righteous; Therefore perverse

judgment proceeds.” **(Habakkuk 1:2-4)**



- After the LORD answered his question and told the prophet Habakkuk to write down a clear vision and after he had appealed to God to work on behalf of His people, the prophet had a completely different attitude



- We see this in his Hymn of faith where the prophet Habakkuk chooses to rejoice no matter what may be happening in his world

“Though the fig tree may not blossom,  
Nor fruit be on the vines;  
Though the labour of the olive may fail,  
And the fields yield no food;  
Though the flock may be cut off from the fold,  
And there be no herd in the stalls—  
Yet I will rejoice in the LORD,  
I will joy in the God of my salvation.



[a]The LORD God is my strength; He will make my feet like deer's *feet*, And He will make me walk on my high hills.” (Habakkuk 3:17-19)

- **How we all need *to learn* to rejoice at all times**

**The Apostle Paul also wrote,**

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” **(Philippians 4:6-7)**



“Rejoice always, pray without ceasing, In everything give thanks; for this is the will of God in Christ Jesus for you.” **(1 Thessalonians 5:16-18)**

## 5) It is a great key to maintaining our joy in our walk with the Lord

- The joy of the Lord is our strength and will help to sustain us during the trials of life
- We must never allow the Devil, or our circumstances to steal our joy



**In the book of Nehemiah we read,**

**“ ... Do not sorrow, for the joy of the LORD is your strength.” (Nehemiah 8:10)**

## 6) It helps us to shine in the world around us

- Responding to life's challenges in a right manner is a great witness to those around us, especially to those who do not know Christ
- As faith filled believers we should have a great passion for life (John 10:10)

**Jesus said,**

“Let your light so shine before men, that they may see your good works and glorify your Father in heaven.” **(Matthew 5:16)**



## **7) It helps to create a healthy atmosphere in our home's, workplaces and churches**

- **The words that we speak have great power**
- Our words can build up and inspire others or alternatively have a negative affect on others
- **Continually verbalising our problems will negatively affect the environment around us**
- However continually rejoicing in the Lord will help to create a faith filled and healthy atmosphere in homes and churches



**In the book of Proverbs we read,**

**“Death and life are in the power of the tongue,  
And those who love it will eat its fruit.”**

**(Proverbs 18:21)**



**The Psalmist wrote,**

**“Shout joyfully to the LORD, all the earth;  
Break forth in song, rejoice,  
and sing praises.” (Psalm 98:4)**

**AND**



## 8) It will help us to finish our Christian walk well. Our faith is the most precious thing that we have

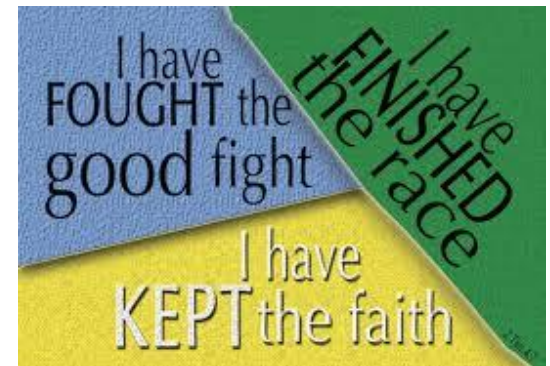
- Learning to rejoice in the midst of the trials of life and when mistreated by others, is a great key to not being offended with others and even with God, so that we finish our walk with the Lord well.
- Rejoicing in all things and at all times, helps us to be continually overcomers in our Christian walk



**Like the Apostle Paul we want to be able to say at the end of our life,**

**“I have fought the good fight, I have finished the race, I have kept the faith. Finally, there is laid up for me the crown of righteousness, which the Lord, the righteous Judge will give to me on that Day, and not to me only but also to all who have loved His appearing.”**

**(2 Timothy 4:7-8)**



Just quickly why we can rejoice always;

## 1) Because God is sovereign in the affairs of this world

- Nothing can ever happen to us apart from God's will for our life



**Jesus Himself said,** “Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father’s will.” **(Matthew 10:29)** “Do not fear therefore; you are of more value than many sparrows.” **(Matthew 10:31)**

## 2) Because we have a God who passionately loves us and who has our best interests at heart

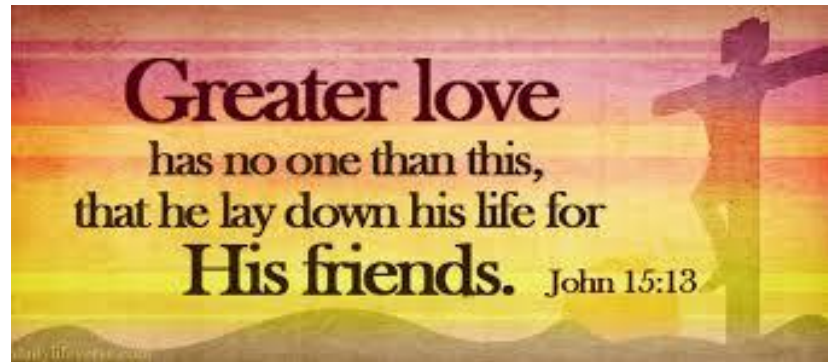


- We only have to look at Jesus on the cross to see how much God wanted to have a relationship with us
- God is love and is concerned about every area in our life
- He will never reject anyone that comes to Him



**Jesus Himself said,**

**“Greater love has no one than this, than to lay down one’s life for his friends.” (John 15:13)**



**Jesus also said,**

**“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.” (John 3:16)**

**The Psalmist wrote,**

**“God is our refuge and strength,  
A very present help in trouble.”  
(Psalm 46:1)**



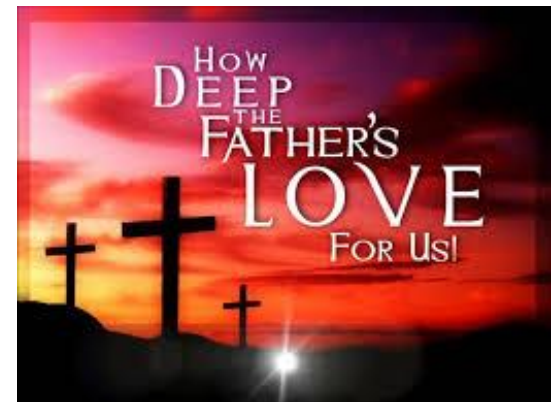
**In the book of Zephaniah we read,**

**“The LORD your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing.” (Zephaniah 3:17)**



**The Apostle Paul wrote,**

“For when we were still without strength, in due time Christ died for the ungodly. For scarcely for a righteous man will one die, yet perhaps for a good man someone would even dare to die. But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.” **(Romans 5:6-8)**



- **We can never doubt God's great love for us**

### 3) Because ALL things work together for good to those who love God. Even our trials in life

- Whatever God allows us to go through will ultimately be for our own good
- *We grow most in our faith and in Christlike character during the valley seasons of our life*

**The Apostle Paul wrote,** “And we know that all things work together for good to those who love God, to those who are the called according to His purpose. For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren.” **(Romans 8:28-29)**



**4) Because we have a God who both hears and answers our prayers that are in line with His will for our life. God's will is always the best for our life (Romans 12:2)**

**The Apostle John wrote,**

**“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him. (1 John 5:14-15)**



## 5) Because God promises to meet our every need in life when we put Christ and the things of the Kingdom first in our life

- God wants to help us to realize our full potential in life
- He does not want us to be always anxious about the everyday things of life
- God knows what we have need of even before we ask Him



**Jesus Himself said,** “Therefore do not worry, saying, ‘What shall we eat?’ Or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”  
**(Matthew 6:31-33)**



## 6) Because we have a great future beyond this life here on earth with Jesus and rewards awaiting for us when Christ returns

The Apostle Paul wrote,

“But as it is written:

“Eye has not seen, nor ear heard,

Nor have entered into the heart of man

The things which God has prepared for those who love Him.”

“But God has revealed them to us through His Spirit. For the Spirit searches all things, yes, the deep things of God.” **(1 Corinthians 2:9-10)**



**The Apostle Paul also wrote,**

**“that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus.”**

**(Ephesians 2:7)**



**Jesus Himself also said,**

**“For the Son of Man will come in the glory of his Father with His angels, and then He will reward each according to his works.”**

**(Matthew 16:27) AND**

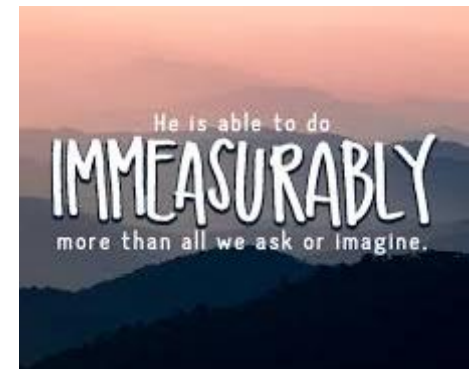


## 7) Because God also has in this life a great plan and future for every believer's life

**The Apostle Paul wrote,**

“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” **(Ephesians 2:10)**

“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,” **(Ephesians 3:20)**



**The LORD said to the prophet Jeremiah when he was languishing in prison,**

**“Call to Me, and I will answer you, and show you great and mighty things, which you do not know.”**

**(Jeremiah 33:3)**



- God has much planned for every believer's life. We will never come second putting God first
- Rejoicing, especially during the trials of life, helps us to fully embrace all that God has planned for our life

## So in conclusion;

- May I encourage you to REJOICE ALWAYS
- To always look for the best in every situation
- To always look for the good in others
- To always believe that God knows what is best for us, even during the wilderness seasons of your life
- To never stop trusting in the faithfulness of God



- To always trust the Lord in *every* situation and circumstance and to let Him continually lead
- To just believe that walking with God your life can make a great eternal difference in the lives of many in this world, and
- To enjoy the journey in your walk with the Lord



**I will again finish with the words of the Apostle Paul, “Rejoice in the Lord always. Again I will say, rejoice.” (Philippians 4:4)**

