



Rejoice, Always Devotion

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus (Philippians 4:4-7).

I remember learning a song in Sunday school: “Rejoice in the Lord always, And again I say Rejoice” (clap, clap). I doubt I am the only one who remembers that song. In fact, I would not be surprised if you just sang it to yourself in your head or even out loud! Sing it out loud right now if you are so inclined!

Rejoicing at all times is easier said than done. We all have our fair share of ups and downs. There are times when it is very easy to rejoice and then there are times when rejoicing is the last thing we want to do. When Paul is writing this letter, he is in jail, which some may say could be the hardest place to do some rejoicing, but Paul reminds us to **rejoice always**. What Paul writes next can bring some comfort in those times when rejoicing seems difficult.

*... but in everything, by prayer and petition, with thanksgiving, **present your requests to God** (Philippians 4:6b, emphasis added). Paul encourages us to present everything we have to God – the good, the bad, the ugly. We know that God listens when we pray, and His listening ear is something in which to rejoice. One of the most encouraging things to remember in tough times is that God hears us, listens to us, and knows what we need, even when we do not know what we need. *In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God’s will (Romans 8:26-27).**

There are times when we may be completely helpless, worn out, and dry. We are filled with the life-giving waters of Jesus through our baptism and this is reason to rejoice. We are washed clean and made His children through the waters of baptism.

Nothing is too big or too small for God. He wants us to be at peace with Him. We have peace when we trust in Him in all things, the big and the small. *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit (Romans 15:13).*

We do not have to worry about anything because God is in control of everything, which can give us peace. His peace leads to an everlasting joy, and that is something to rejoice about, always.

Scripture references are from the NIV.

Rejoice, Always
Written by Alyssa Burdett, St. Paul, Minnesota
Published by Lutheran Women’s Missionary League, 2015