

THEME: REJOICE IN THE LORD.

TEXT: PHIL. 4: 4 – 7.

There are two aspects I want us to consider as we meditate on this theme.

1. Why God does exhort us to “Rejoice Always”? vs. 4.
 2. The importance of prayer in times of sorrow or troubles, vs. 6
-
1. Here is why God exhorts Christians to rejoice always:
 - a. Rejoicing is a spiritual weapon to fight off attacks on our mind.
 - b. It is a spiritual weapon given to us from God.
 - c. It is like anti-venom from a poisonous snake bite.
 - d. Rejoicing is not trying to pretend you are not in pain; rather it is believing that through the focused discipline of rejoicing, the peace of God which surpasses all understanding may visit you in times of trouble, vs. 7.
 - e. Rejoicing also impact to us the supernatural ability to deal easier with our pains ...as the Holy Spirit through the Apostle Paul declared: “I can do all things through Christ who strengthens me”. Phil. 4: 13.
 - f. Rejoicing motivates God to shower us with greater blessings.

Note: If anyone is in a difficult situation in life where there is nothing he or she can think of to rejoice about, let the person do him/herself a huge favour by employing “the weapon of Fasting and Praying”.

2. The importance of prayer in times of sorrow and trouble.
I want us to know that one essential cure for worry is prayer.

- a. One Importance of prayer is that through prayer we renew our trust in the Lord's faithfulness by casting all our anxieties and problems on him who cares for us (Matt. 6: 25 – 34; 1Pet. 5: 7).

Take for instance Nigeria as a Country where fear, uncertainty, frustration, anger and agitation are growing across the lands.

Not only that, financial stress, terrorism, war and rumours of war, our children are being abused, and various diseases are on the increase, and marriages are getting harder to keep together and the awful effects it leaves in our families and loved ones are innumerable.

Remember that it is only through prayer that we will cast all these anxieties and problems on God who cares for us.

- b. As a result of our communion with Christ, God's peace will come and guide our hearts and minds (Phil. 4: 6 – 7; Isa. 26: 3; Col. 3: 15).
- c. Through prayer God strengthens us to do all the things he desires of us (Phil. 4: 13; 3: 20; read Eph. 3: 16).
- d. We receive mercy, grace and help in time of need (Heb. 4: 16).
- e. We are assured that in all things, God works for our good (Phil. 4: 11; Rom. 8: 28).

Remember that our Lord God is the Almighty God; He is so faithful that He will never forsake us. Therefore put your trust and rejoice always in Him ...He will do it again ...It is well... Amen.

By Teacher: Emmanuel Nwakerendu.