

Rejoice Always

Key Verse

"And the disciples were continuously filled with joy and with the Holy Spirit." Acts 13:52

Basic Biblical Understanding

Depending on your Bible translation, the words "happy" and "happiness" are used approximately 30 times in Scripture; the words "joy" and "rejoice" appear over 300 times. In many of those occurrences, believers are told to rejoice in spite of their circumstances.

When we encounter difficulties or trials, it's easy to assume our circumstances are the reason for our lack of joy. We justify a joyless attitude by saying, "With everything going on, God understands!" But joy is not circumstantial; joy is a sign of Christian maturity and an expression of gratitude. According to Scripture, we can rejoice always!

How is rejoicing always a sign of maturity? Consider these verses and their context. Jesus taught people to "rejoice and be glad" when persecuted like the Old Testament prophets (Matthew 5:12). It takes maturity to rejoice in suffering. Paul told people in Rome to rejoice in tribulations because it eventually leads to hope (Romans 5:3-5). Both Peter and James taught believers to rejoice "greatly" even when distressed because God will use those circumstances to mature and strengthen our faith (1 Peter 1:6-8; James 1:2-4).

How is rejoicing always an expression of gratitude? When circumstances are no longer allowed to dictate our joy, we're free to rejoice in everything God has given. We are freed to...

- Rejoice with food. Deuteronomy 12:7
- Rejoice in your spouse. Proverbs 5:18
- Rejoice in your salvation. Psalm 13:5
- Rejoice in God's love. Psalm 31:7
- Rejoice in God's words. Psalm 104:34
- Rejoice in God's promises. Psalm 119:162
- Rejoice when truth is shared. Proverbs 23:16; 1 Corinthians 13:6
- Rejoice in sufferings. Romans 5:3-5; Colossians 1:24
- Rejoice with others who rejoice. Romans 12:15
- Rejoice in fellowship. Philippians 4:1
- Rejoice in trials. James 1:2-4

There is nothing more offensive than ingratitude or entitlement; likewise, there is nothing more attractive than gratefulness and true joy. Rejoicing always allows us to enjoy God's provision and even His methods. Scripture is clear: "Rejoice in the Lord always, and again I say rejoice."

Verses (ask God to show you how they apply to your life)

- "I will rejoice greatly in the Lord, my soul will exult in my God..." Isaiah 61:10a
- "Not only that, we rejoice in our sufferings, knowing that suffering produces endurance." Romans 5:3 (ESV)

Helpful Questions and Application

1. What is standing in the way of you rejoicing always? How can God use your circumstances to mature you and foster gratitude?
2. Write a list of ways God has provided for you. Here's a list of everyday blessings that Christians tend to overlook: salvation, the privilege of prayer, the promises of God, the protection of God, housing, health, food, clean water, jobs, family, church community, friends, education, vehicles, the ability to work, the ability to read, etc. Start praising God for the things He's already provided. Ask Him to broaden your capacity to rejoice.

Additional Resources

Scripture references: Psalm 113:1-9; Romans 12:15; Isaiah 65:18

WordTruth articles: ["Joyful and Worry Free"](#)
["Not Worthy to be Compared"](#)