

Philippians 4:4-6 - Rejoice in the Lord always. I will say it again: Rejoice!

Did you know that God has an antidote to anxiety? This scripture - "Rejoice in the Lord always" - is His prescription for joy! To have joy, which is a fruit of the Spirit, we rejoice. But to rejoice is a choice. It's always a matter of obedience, not of our natural temperament.

All of us have experienced times and seasons in our lives when rejoicing is probably just about last on our list of preferred activities. But I think of the story of Corrie ten Boom in *The Hiding Place* where she and her sister, Betsie, were in a WW II concentration camp, subsisting in flea-infested barracks. Corrie could hardly abide the filth and the fleas, but Betsie gently exhorted her sister to rejoice in this provision, because the fleas would keep the guards from entering the barracks - giving the sisters the opportunity to share the Bible with the other prisoners.

Maybe you're in a season right now when anxiety has clouded over your joy. This passage from the fourth chapter of Philippians in *The Passion Translation* will give you a new perspective on heavenly joy.

Be cheerful with joyous celebration in every season of life. Let joy overflow, for you are united with the Anointed One! Let gentleness be seen in every relationship, for our Lord is ever near. Don't be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude. Tell him every detail of your life; then God's wonderful peace that transcends human understanding will make the answers known to you through Jesus Christ.

So keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always. Follow the example of all that we have imparted to you and the God of peace will be with you in all things.

Today, let's rejoice. Let's sing a Sunday School song, *Down in My Heart*.

I have that joy, joy, joy, joy down in my heart! Down in my heart, down in my heart! I have that joy, joy, joy, joy down in my heart! Down in my heart to stay!

*I have the love of Jesus, love of Jesus down in my heart! Down in my heart,
down in my heart! I have the love of Jesus, love of Jesus down in my heart!
Down in my heart to stay!*

*I have the peace that passes understanding down in my heart! Down in my
heart, down in my heart! I have the peace that passes understanding down
in my heart! Down in my heart to stay!*