

Rejoice Always!

How Prayer and Thanksgiving Help Us Find Joy Everyday!

1 Thessalonians 5:16-18

^{NKJ} **1 Thes 5:16-18** ¹⁶ "REJOICE ALWAYS, ¹⁷ PRAY WITHOUT CEASING, ¹⁸ IN EVERYTHING GIVE THANKS; FOR THIS IS THE WILL OF GOD IN CHRIST JESUS FOR YOU."

^{BGT} **1 Thes 5:16-18** ¹⁶ Πάντοτε χαίρετε, ¹⁷ ἀδιαλείπτως προσεύχεσθε, ¹⁸ ἐν παντὶ εὐχαριστεῖτε τοῦτο γὰρ θέλημα θεοῦ ἐν Χριστῷ Ἰησοῦ εἰς ὑμᾶς.

HOW TO FIND JOY EVERYDAY

I. Realize that God is for you

If the Bible commands me to rejoice, does that mean I have to work myself up into a state of giddiness all the time? What does the Bible mean by "rejoice"?

DEFINING REJOICE:

Often in Scripture *rejoice* has an object:

People are told either to *rejoice in* something (**Luke 10:20**), or *rejoice upon* or *at* something (**Luke 1:14**), or there is reason given as to why one should *rejoice* (**Matthew 5:12**).

However, **1 Thessalonians 5:16-18** doesn't list an object. Why are we to *rejoice always*? Let's throw a rope around the definition of the Greek word for *rejoice*:

χαίρω, *charo* = to rejoice, be glad

χαρά, *chara* = state of joy _____, or glad _____ ness

^{NKJ} **1 Thessalonians 2:19** "For what *is* our hope, or joy, or crown of rejoicing? *Is it* not even you in the presence of our Lord Jesus Christ at His coming?"

χάρις, *charis* = grace _____, that which delight _____ s

^{NKJ} **1 Thessalonians 1:1** "Paul, Silvanus, and Timothy, To the church of the Thessalonians in God the Father and the Lord Jesus Christ: Grace to you and peace from God our Father and the Lord Jesus Christ."

χαρίζομαι, *charizomai* = to give _____, to show favor _____ r or kind _____ ness to

^{NKJ} **Phil 2:9** "Therefore God also has highly exalted Him and given Him the name which is above every name,"

χαρίν, *charin* = for the sake _____ of, on account _____ of

^{NKJ} **Titus 1:5** "For this reason I left you in Crete, that you should set in order the things that are lacking, and appoint elders in every city as I commanded you –"

Some of these are used to translate the OT equivalent: חַן, *chain* = favor _____ or

^{NKJ} **Genesis 39:3** "And his master saw that the LORD *was* with him and that the LORD made all he did to prosper in his hand. ⁴ So Joseph found favor in his sight, and served him. Then he made him overseer of his house, and all *that* he had he put under his authority."

The same Greek stem survives in English words like char _____ m, char _____ ity, and char _____ isma.

WHY CAN WE REJOICE? Because God favors _____ us! [He sees us as charming!]

How do we know He favors us? Because he gave _____ His Son _____ for us.

^{NKJ} **Romans 8:32** "He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?" **χαρίσεται**

How have we found favor in his eyes? Through the shed blood _____ of Jesus _____ Christ _____.

WE CAN REJOICE ALWAYS BECAUSE GOD _____ IS FOR US _____.

^{NKJ} **Romans 8:31** "What then shall we say to these things? If God *is* for us, who *can be* against us?"

Know that God is for YOU

Not (necessarily) for your agenda _____ a (We say, "God bless _____ my stuff _____.")

Not (necessarily) for your comfort _____ (Paul was "always rejoicing" despite his sufferings, **2 Cor 6:4-10**)

But for your best! → That is what grants True _____ Joy _____

II. Keep on Approaching the Throne of Grace

Unlike the rest of the commands in **1 Thes 5**, the three in vv.16-18 contain modifiers signifying that they are to be continually obeyed. The adverb connected with *praying* comes from a word that means there should be no

leaving off, no lack, no break. Paul uses its opposite twice in **Titus 1:5**.

^{NKJ} **Titus 1:5** “For this reason I left you in Crete, that you should set in order the things that are lacking, and appoint elders in every city as I commanded you –”

The second and third “constant” commands expand on the first, helping us to know how we can *rejoice always*.

HOW CAN *PRAYING WITHOUT CEASING* HELP US TO *REJOICE ALWAYS*?

A common model for prayer presents four components that we might pray every time:

Adoration, Worship and Praise Him, make His Name holy.

Confession, Ask for forgiveness and know that He is faithful and just to forgive.

Thanksgiving, Thank Him for His many gifts and blessings

Supplication. Let your “requests be made known” to the One Who “shall supply all your need”
(**Philippians 4:4-7,19**)

Prayer highlights our dependency on God. (which is a good thing!)

If we keep coming back to prayer, if throughout our day we continue our conversation with God, won't that help us to keep coming back to our Source of Joy?

Since we know that God is for us, it should be easy for us to keep coming to Him in prayer, because we know what kind of listener He is, One who gives mercy and grace.

^{NKJ} **Hebrews 4:16** “Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”

III. Acknowledge God's ongoing blessings to you

CAN A CONTINUAL ATTITUDE OF ATTITUDE OF THANKSGIVING HELP US TO *REJOICE ALWAYS*?

Give thanks is one word in the Greek, εὐχαριστεῖτε, *eucharisteite*, which means, literally, well -graced.

A person who has been graced, who has been given much, should find it easy to say, “Thank you.”

How about you?

Scripture points out many things for which we should be thankful:

THANK GOD for the provisions He gives

εὐχαριστω is often a prayer of thanks before a meal, i.e. saying, “Grace”

^{NKJ} **Mark 8:6** “So He commanded the multitude to sit down on the ground. And He took the seven loaves and gave thanks, broke *them* and gave *them* to His disciples to set before *them*; and they set *them* before the multitude.”

^{NKJ} **Acts 27:35** And when he (Paul) had said these things, he took bread and gave thanks to God in the presence of them all; and when he had broken *it* he began to eat.

THANK GOD for the care He provides

^{NKJ} **Luke 17:16** “and fell down on *his* face at His feet, giving Him thanks. And he was a Samaritan.”

THANK GOD for the people He has placed in your life

^{NKJ} **1 Thessalonians 1:2** “We give thanks to God always for you all, making mention of you in our prayers, remembering without ceasing your work of faith, labor of love, and patience of hope in our Lord Jesus Christ in the sight of our God and Father,”

^{NKJ} **Acts 28:15** “And from there, when the brethren heard about us, they came to meet us as far as Appii Forum and Three Inns. When Paul saw them, he **thanked** God and took courage.”

^{NKJ} **1 Thessalonians 3:9** “For what **thanks** can we render to God for you, for all the joy with which we rejoice for your sake before our God,”

THANK GOD for Who He is

^{NKJ} **Revelation 11:17** “saying: ‘We give You thanks, O Lord God Almighty, The One who is and who was and who is to come, Because You have taken Your great power and reigned.’”

GOD'S “CONSTANT” COMMANDS GO HAND IN HAND, HELPING US TO FIND HIS JOY EVERYDAY.

God's will for you is to be always thanking, praying, and rejoicing!

Don't let Thanksgiving be a once a year event.