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## The Christian's Anchor: How Do I Weather Life's Storms?

*Rejoice in the Lord always. Again I will say, rejoice! (Phil 4:4)*

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- **Definition:** willful delight; purposeful pondering; calm confidence
- **Duration:** every circumstance; all the time
- **Direction:** in the Lord

### Why Should We Rejoice in the Lord Always?

#### 1. Because Of God's \_\_\_\_\_ – Who He Is:

*I will praise [You], O LORD, with my whole heart;*

*I will tell of all Your marvelous works.*

*I will be glad and rejoice in You;*

*I will sing praise to Your name, O Most High. (Psalm 9:1-2)*

#### 2. Because of God's \_\_\_\_\_ – What He Does:

*But let all those rejoice who put their trust in You;*

*Let them ever shout for joy, because You defend them;*

*Let those also who love Your name be joyful in You.*

*For You, O LORD, will bless the righteous;*

*With favor You will surround him as [with] a shield. (Ps 5:11-12)*

### How Do We Rejoice in the Lord Always?

#### 1. Identify \_\_\_\_\_ Anchors:

- **Passions** – only temporarily satisfy
- **Past Times** – hobbies, work, sports
- **People** – will not & cannot meet your expectations fully
- **Personal Appearance** – age, accident
- **Positions of Importance** – temporary; earthly, not eternal
- **Possessions** – fade, only temporarily satisfy; wear out; obsolete
- **Prideful Accomplishments** – soon forgotten; vanity

#### 2. Focus on \_\_\_\_\_ as Your \_\_\_\_\_ Anchor:

##### a. Focus not on our \_\_\_\_\_, but on God's \_\_\_\_\_

*Then the seventy returned with joy, saying, "Lord, even the demons are subject to us in Your name." And He said to them, "I saw Satan fall like lightning from heaven. Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you. Nevertheless do not rejoice in this, that the spirits are subject to you, but rather rejoice because your names are written in heaven." (Luke 10:17-20)*

*And not only [that], but we also rejoice in God through our Lord Jesus Christ, through whom we have now received the reconciliation. (Rom 5:11)*

##### b. Focus not in our \_\_\_\_\_, but on God's \_\_\_\_\_

*Blessed [are] those who are persecuted for righteousness' sake, For theirs is the kingdom of heaven. Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great [is] your reward in heaven, for so they persecuted the prophets who were before you. (Mt 5:10-12)*

##### c. Focus not on our \_\_\_\_\_, but on God's \_\_\_\_\_

*Yes, and if I am being poured out [as a drink offering] on the sacrifice and service of your faith, I am glad and rejoice with you all. For the same reason you also be glad and rejoice with me. (Phil 2:17-18)*

*Finally, my brethren, rejoice in the Lord. For me to write the same things to you is not tedious, but for you it is safe. (Phil 3:1)*

##### d. Focus not on our \_\_\_\_\_, but what God is \_\_\_\_\_ in Them

*The former preach Christ from selfish ambition, not sincerely, supposing to add affliction to my chains; but the latter out of love, knowing that I am appointed for the defense of the gospel. What then? Only [that] in every way, whether in pretense or in truth, Christ is preached; and in this I rejoice, yes, and will rejoice. (Phil 1:16-18)*

*My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. (James 1:2-3)*

*In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, that the genuineness of your faith, [being] much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ, whom having not seen you love. Though now you do not see [Him], yet believing, you rejoice with joy inexpressible and full of glory, receiving the end of your faith-- the salvation of [your] souls. (1 Pet 1:6-9)*

*Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you: but rejoice to the extent that you partake of Christ's sufferings, that when His glory is revealed, you may also be glad with exceeding joy. If you are reproached for the name of Christ, blessed [are you], for the Spirit of glory and of God rests upon you. On their part He is blasphemed, but on your part He is glorified. (1 Pet 4:12-14)*

*Hab 3:17-18 – Though the fig tree may not blossom, Nor fruit be on the vines; Though the labor of the olive may fail, And the fields yield no food; Though the flock may be cut off from the fold, And there be no herd in the stalls—Yet I will rejoice in the LORD, I will joy in the God of my salvation.*