

# Rejoice in the Lord, Always!

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STEPHEN SPENCE

CHRISTIES BEACH BAPTIST CHURCH



? + ! = **!**  
*interrobang*

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[from prison] “**Whatever happens**, my dear brothers and sisters, **rejoice** in the Lord.”

Phil 3:1

“**Rejoice** in the Lord **always**. Again, I will say: **Rejoice!**”

Phil 4:4

[experiencing social persecution] “**Always be joyful.**”

1 Thess 5:16

# Happiness and Joy (in Greek)

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*Makarios*  
(happiness)

the freedom of the rich from normal cares and worries, or to describe a person who received some form of good fortune, such as money or health.

*Chairo*  
(joy)

the "culmination of being" and **the "good mood of the soul."** It is found only in God and comes with virtue and wisdom.

# Happiness and Joy (Greek)

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*Makarios*  
(happiness)

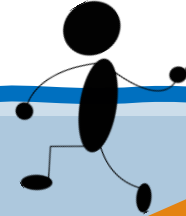
feeling pleasure related to the immediate environment our current circumstances.

*Chairo*  
(joy)

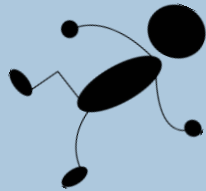
an intense feeling of deep spiritual connection, pleasure, and appreciation.



situational  
happiness



overwhelmed  
by situation



**Thanksgiving**

**Awe + Wonder**

**JOY in the Foundational Presence of God**

# Joy is found in the Emmanuel

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Based upon Psalm 98, Isaac Watts wrote this hymn in 1719.

***Joy to the world, the Lord is come!  
Let earth receive her King;  
Let every heart prepare Him room!***

And be sure of this: I am with you always, even to the end of the age.

(Matthew 28:20)

The joy of the Lord is my Strength. (Nehemiah 8:10)

In God's presence is fullness of joy... (Psalm 16:11)

# A Path to Joy: Gratitude

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Researchers describe the relationship between joy and gratitude as “**an intriguing upward spiral.**” This is a great antidote to the downward spirals that we always hear about and, unfortunately, sometimes experience.

In our research we found that everyone who showed a deep capacity for joy had one thing in common. They practiced gratitude.

*Gratitude counts our blessings.  
Gratitude names our benefactor.*

# A Path to Joy: *Awe* and Wonder

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Wonder inspires the wish to understand; awe inspires the desire to let shine, to acknowledge, and to unite.

(Weger and Wagemann)

***Look up! Look outside! Look around!***

## **Find a Guide:**

- Julia Beard, *Phosphorescence: On Awe, Wonder And Things That Sustain You When The World Goes Dark* (2022)
- Bill Bryson, *A Short History of Nearly Everything* (2003)
- Grandchildren, David Attenborough





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JOY in the Foundational Presence of God

# Rejoice in the Lord is Not Trivial Advice

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Trivial advice. Don't worry. Be happy. (Bobby McFerrin)

Profound advice. Rejoice in the Lord, always. (Apostle Paul)

Joy is a fruit of the Spirit that grows as we live in the presence of God. A God who is always with us – in good times and bad. We can find our way to the presence of God through thanksgiving and awe.