**Scripture** | Philippians 4:4-7 | REJOICE

I LOVE THIS PASSAGE. This passage has so much of the basis of Christianity packed into it and there is so much to uncover. It starts with saying “rejoice always, again I will say, rejoice!” This is such a powerful thing that so many people fail to understand or live out in your life, we are not called to be those sad, depressed people that live their life like it’s a burden but rejoice in everything! Paul is writing this as he is not in a great time in his life, he is not comfortable but he is pressuring the idea of rejoicing regardless of circumstance. Coming from such bad anxiety this verse helped so much, immediately following the call to rejoice is Paul saying that instead of being anxious about something, give it to God through prayer! Following this amazing line and verse is Paul stating that the Peace of God, which is incomprehensible and unimaginable will be on you, guarding your hearts and minds in Christ.

**Observation(s)**

* REJOICE, rejoice in everything you do
* Find joy in everyday surroundings, from the beauty of technological advancements, to nature
* Life is not a burden it is a gift
* Don’t let anxiety rule me, give it to God
* Find peace through God !
* Guard your hearts with piece and through rejoicing!

**Application**

* Find Joy in every activity I do
* Rejoice in everything I do, glorifying God!
* Give my anxiety to God in exchange for peace
* Search for that peace
* Guard hearts!

**Prayer**

Dear Heavenly Father,

I pray for rejoicing! I thank you that you didn’t give us a boring world, but a world that we get to explore, have fun, create memories, all while worshiping you! I thank you for the beautiful thing that is Joy! I pray that I would never hold onto anxiety, but give it to you in exchange for God given peace! I pray that I would always search and crave that Joy and peace! I pray that my hearts would be guarded in your Name!!

In Your Holy Amazing Name,

Amen.

Thanks!  
Koleman Parsley