**Friday 7th August**

1 Thessalonians 5: 16-19

Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus. Do not quench the Spirit.

Sometimes we can become rather anxious about God’s will for us. ‘What is He calling me to?’, ‘How should I be serving Him?’. These are excellent questions! But sometimes God’s will for us is revealed as we are simply obedient to what He has already revealed. So today we read that it is God’s will for us to rejoice, pray and give thanks. Most of us probably do those things from time to time, but the crunch comes with the adverbs: always, continually, in all circumstances. Impossible! Yes, in our own strength. We need the Spirit’s help. If we welcome the Holy Spirit in our lives, if we seek to keep in step with Him, then we will live with an increasing awareness of the presence of God. Living in His Presence is really conducive to rejoicing, praying and giving thanks – even at the most unexpected times!

*Lord, would you so inhabit us by your Spirit, that we become more aware of your presence. We confess that we don’t always find it easy to rejoice, pray and give thanks. There have been times in the last few months that it has felt difficult to do those things. Thank you that we are not alone, and that you have sent the Holy Spirit as helper, comforter and intercessor. We welcome His work in our lives. Continue your transformative work in us we pray. In Jesus Name. Amen*

