Tuesday 31st March

Philippians 4: 4-7

Rejoice in the Lord always. I will say it again: rejoice! **5**Let your gentleness be evident to all. The Lord is near. **6**Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7**And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus

Today is a day for rejoicing! ‘Whaaat!!! Don’t you know what’s going on in my life/this country/the world!’ Yes, really, today is a day for rejoicing. This does not mean that God is insensitive to our needs or struggles and expecting us to be putting on a brave face. Far from it! He understands entirely, and we are exhorted to bring our requests and anxieties to him because he cares for us. He understands everything that we experience and he is with us in it. We are not to rejoice in the problems, but to rejoice in the Lord! He is always good, always loving, always full of hope and gives us everything that we need to be able to persevere in faith. We can always rejoice in Him! He is absolutely consistent in his goodness, in his character. Practice rejoicing today. It may not be easy to get started, but once you do, you will find that Jesus is full of good news reasons for rejoicing!!

*Lord, I choose to rejoice in you today! I praise you for your matchless love, your unchanging character, your beauty, your patience and your mercy. Thank you that you love me so much that you gave your life for me, so that I can know you, know hope and know eternal life! Help me to live in a place of rejoicing in you. Amen.*

Now spend some time lifting up your anxieties and needs to the Lord in the knowledge that he cares and he hears. But finish with some more rejoicing – you might like to join in with a worship song that focuses on the goodness of the Lord.

‘And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus’.

