

Ep.1400: What Does It Mean to Rejoice Always?

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- 1. 1 Thessalonians 5:16: "Rejoice always!" How do we rejoice when we are going through difficult trials or grief?
- 2. What is the biblical definition of "rejoice?"
- 3. What was the "joy set before Jesus" that enabled him to endure the cross while still having joy in his heart? How was it possible for him to do this? Have you ever looked to the Father in the midst of a trial and felt Him relieve some of your burden? Explain. (Hebrews 12:2-3)
- 4. Acts 5:29,40-42: What was the reaction of the apostles to being told to stop preaching about Jesus or they would be beaten again or worse?
- 5. Describe the difference between feeling euphoric (outwardly excited, exultant) and having an internal spirit of joy in Jesus.
- 6. What does persecution for Christ's sake look like? (Matthew 5:11-12, 1 Peter 4:12-14) Can you share a time when you have been persecuted for being a Christian, or another severe trial? Were you able to hold onto that calm, happy state despite the testing you were undergoing?
- 7. How do 1 Corinthians 13:4-7 and Philippians 2:14-18 show us how to share our joy with others? What did Paul request from the Philippians? Have you spiritually nurtured someone and felt like Paul?
- 8. Explain what we can do to go beyond our own rejoicing to help others, as learned from 1 Corinthians 7:29-30:
 - a. "those who have wives should be as though they had none"
 - b. "those who weep, as though they did not weep"
 - c. "those who rejoice, as though they did not rejoice"
- 9. How will you move forward with "intentional rejoicing" when experiencing trials and suffering in the future?

