

# Finding Joy in Rejoicing

Day 24 of 31 : Philippians 4:4-5 : [MANUP.online](http://MANUP.online)

## Philippians 4:4-5

<sup>4</sup> Always be full of joy in the Lord. I say it again - rejoice! <sup>5</sup>  
Let everyone see that you are considerate in all you do.  
Remember, the Lord is coming soon.

*Rejoicing is CHOOSING JOY again and again!*

## Joy is Rejoicing ALWAYS:

- Even when you don't feel like it.
- Even when you don't see what God is doing.
- Even when you're the only one.

*Your message is the LOUDEST  
when things are the DARKEST.*

## Joy is Rejoicing in ALL WAYS:

- Finding Joy in nature.
- Finding Joy in family.
- Finding Joy in friends.
- Finding Joy in creativity.
- Finding Joy in Sabbath.

**Q:** Where are you Finding Joy?