

Rejoice, Pray, Give Thanks

Rejoice in the Lord always...Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:4, 6-7, NIV)

When I feel stressed, I tend to be
impatient and
unkind to those around me.

Lord, help me make friends with
interruptions,
unfinished tasks,
unpleasant surprises,
delays,
demands,
uncertainties, and
feelings of inadequacy.

They are going to come.

How do You want me to react to them, Lord?

1. Rejoice in who You are.
2. Commit my need to You.
3. Give thanks for what You are already doing to meet that need.

*Be at peace in God's presence.
Open your hands and
release control of the things around you.
Don't fret about what you cannot change.
God sees all those evils more clearly than you,
yet lets them go on.
Just do well
what little He gives you to do.
(paraphrased from Francois Fenelon)*

Hymn: [Good Gifts](#)