

Rejoice in the Lord Always
Philippians 4:4

- **Rejoicing is Jesus' gift to believers.**
- **Rejoicing cannot be canceled by our circumstances.**

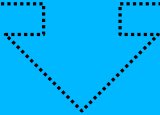
Rejoice in the Lord:

- ✓ We are Christians.
- ✓ Jesus brings His joy with Him.

Only 20% of Americans are happy.

– Author Dennis Wholey,
Are You Happy?

- **Rejoicing is needed most when things look the worst.**



173 Harvard graduates
Studied since the 1940s

Reported in the *American Journal of Psychiatry*

- ✓ One potent predictor of well-being was the ability to handle emotional crisis maturely.

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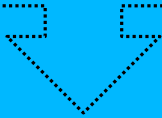
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