

SO LONG SORROW

Why Rejoice?

- I. **One big reason for our joy and rejoicing is our faith in God**—*1Pt1:3*—*Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead, ⁴To an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven for you, ⁵Who are kept by the power of God through faith unto salvation ready to be revealed in the last time. ⁶WHEREIN YE GREATLY REJOICE, THOUGH NOW FOR A SEASON, IF NEED BE, YE ARE IN HEAVINESS THROUGH MANIFOLD TEMPTATIONS: ⁷That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:⁸Whom having not seen, ye love; in whom, though now ye see him not, YET BELIEVING, YE REJOICE with joy unspeakable and full of glory*
- A. We believe God's going to do something good so we rejoice—*Jo2:21*—*Fear not, O land; be glad and rejoice: for the Lord will do great things*
- B. One of the marks that you are in faith is you have some joy about you—*If you believe God is going to do something good you're not sad*—*Rm15:13*—*Now the God of hope fill you with all joy and peace in believing*
- C. Your joy tells the story about your faith—*To be joyless is faithless; Little joy equals little faith and little faith puts you in the water*
- D. They are cheering up based on something God said that they don't see yet because of their faith in Him—*Acts27:22*—*And now I exhort you to be of good cheer: for there shall be no loss of any man's life among you, but of the ship. For there stood by me this night the angel of God, whose I am and whom I serve, Saying, Fear not, Paul; thou must be brought before Caesar: and, lo, God hath given thee all them that sail with thee. Wherefore, sirs, be of good cheer: for I believe God, that it shall be even as it was told to me.*
- II. **Another big reason we rejoice is because it keeps us strong inside**
- B. In adversity one of the worst things you can do is yield to sorrow and sadness—*It weakens you inside making it impossible for you to overcome*
- C. There's a connection between sadness and weakness and joy and strength—*Jer49:24*—*Damasucs is WAXED FEEBLE, and TURNETH HERSELF TO FLEE, and fear hath seized on her: anguish and SORROWS HAVE TAKEN HER, as a woman in travail; Neh8:10*—*The JOY of the Lord is your STRENGTH; 1Ch16:27*—*Glory and honor are in his presence; STRENGTH and GLADNESS are in his place; Ps19:5*—*REJOICETH AS A STRONG man to run a race*
- D. Sorrow breaks the spirit, but joy strengthens it—*Pr15:13*—*A merry heart makes a cheerful countenance: but by sorrow (sadness) of the heart the spirit is broken*
- E. When you make the choice to rejoice it strengthens you inside and that enables you to be strong, persevere and overcome—*Heb12:2*—*Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God*
- F. People fail in times of adversity because they get weak and one of the big reasons they get weak is because they don't make the choice to rejoice—*Pr24:10*—*If thou faint in the day of adversity, thy strength is small.*
- G. We laugh at it to stay strong so that we can overcome it—*Job5:22*—*At destruction and famine thou shalt laugh*
- IV. **So often in so many situations joy is the cure**—*Things begin to shift when you choice to rejoice*—*Pr17:22*—*A merry heart does good like a medicine (Medicine-Cure; A.Heb-A lifting high of something, The lifting of an illness; Cure-W1828-To remove an evil and restore to a good state), but a broken spirit drieth the bones*
- A. Things that try to hurt you can be lifted through a merry heart