

Formative Practice Guide: Rejoice

Read Zephaniah 3:17

The act of rejoicing can be simplified as “expressed joy.” Christians rejoice by expressing joy in the truths of the gospel, Scripture, God, etc. We have so much to rejoice over even when we don’t *feel* joyful. Even then, we still rejoice through reflecting on the truths of God that are worthy of joy. As you continue with this guide, keep this verse in mind: “Applause, everyone. Bravo, bravissimo! Shout God-songs at the top of your lungs!” (*Psalms 47:1*, MSG)

Spiritual Exercises:

Plan time in your upcoming schedule to include the following exercises in your routine.

Set aside 10 minutes a day this week to reflect on all God has given you. Then find creative ways to express your response to God’s goodness. Consider blocking off a few hours to create poetry, stories, works of art, to exercise, etc. In whatever way you rejoice externally, share that same joy with God in prayer.

Celebrate Christian holidays and seasons. Do a web search for “Church Calendar” to find the holy days and seasons coming over the over the next church year. Consider new ways you can rejoice through Easter, Christmas, Pentecost, Epiphany, etc.

Rejoicing should also be done on behalf of one another. Look for reasons to throw a party or a get-together to rejoice over something in another person’s life. Our society has natural rhythms of this for engagements, weddings, and a new babies, so consider some other things you can celebrate that would include those not getting married or having kids.

Guided Reflection:

Reflect on these concepts throughout your day. Feel free to also set aside some distraction-free time for more intentional reflection.

Read *Philippians 4:4-8*, then consider why the author repeats himself in telling us to rejoice. What are some things that you can think on to help you be able to rejoice? Have there been moments in your life when you couldn’t help rejoicing over something God had done? How can you reflect on those moments as reminders?

Connecting the Practices

Rejoicing can often be a “second” practice in response to another practice. After thanking God, we rejoice in his goodness. After meditating on truth, we rejoice in it. Whenever rejoicing is difficult, consider allowing other formative practices to help you.