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REJOICE

Psalm 118:24 says, ***"This is the day which the LORD hath made; we will rejoice and be glad in it."*** Throughout the psalms and other scripture there is a constant reminder to rejoice in the Lord and be thankful.

With all of the adversity throughout the world with rioting, bombings, plagues, drought, flooding, wars, sudden deaths and more it is easy to become a person of gloom. In doing so, these things control us. We have a choice every day, to be full of praise in spite of our circumstances or let them destroy our joy.

I choose joy. It takes less muscles to smile than it does to frown. Rejoicing can actually bring healing to your body. We have so much to rejoice in. We have a Savior that has taken our penalty of death and freed us from hell. We have the freedom to praise our God with our mouths. We have life and health however great either is.

Then we have the knowledge that one day we will see the Lord face to face. Now that is definitely something to rejoice about! So, let the gloom and doom go and start rejoicing each day. You will see that it will change your life and your circumstances.