

*Rejoice always*  
PRAY WITHOUT CEASING  
*Give thanks in all circumstances*



FOR THIS IS THE WILL OF GOD  
IN CHRIST JESUS FOR YOU.

*1 Thessalonians 5:16-18*



# Group Activity

Activity 2: Group Activity - Discuss the question below (5 min)

- How has God used past suffering/difficulty for his good purposes?

Activity 3: Group Activity - Discuss the question below (5 min)

- How does the fact that God is sovereign comfort you in suffering/difficulty?



# Individual Activity

- Write on a piece of paper some suffering or difficulty you are facing at the present time
- On the back of the same piece of paper, describe what it might be like in heaven without the kind of suffering or difficulty you are enduring.
- Put this piece of paper in your jar

# SCHEDULE

## **Friday evening:**

7 pm Session 1– Encouraging One Another

## **Saturday:**

7:30 am– Breakfast

9:30 am Session 2–Rejoice in the Lord Always

12 pm– Lunch

1 pm– Free Time

5:30 pm– Dinner

7 pm– Session 3– Pray Without Ceasing

## **Sunday:**

7:30 am– Breakfast

9:00 am– Session 4– Give Thanks in All Things

12 pm– Clean up and Head Home



# MUSIC

- This is the Day
- Only A Holy God
- Ancient of Days
- It is Well
- Joyful Joyful We Adore Thee
- 10,000 Reasons
- You are My All in All

3. Take comfort in God's sovereignty (Luke 22:21-23)



## SESSION FOUR:

GIVE THANKS IN ALL THINGS, FOR THIS IS  
THE WILL OF GOD IN CHRIST JESUS FOR

*Luke 22:14-23*

Believers can give thanks in all things because we can...

1. Eagerly anticipate the coming kingdom (Luke 22:14-16)

2. Be assured our suffering has a purpose  
(Luke 22:17-20)



## THIS IS THE DAY:

### Chorus

This is the day that the Lord has made,  
We will rejoice as we lift His name.  
This is the day that the Lord has made.  
Come and rejoice, we will rejoice,  
And be glad in it.

### Verse 1

Whether the sun will shine, whether the skies  
will rain,  
I know that You are good, and this is the day  
You made.  
Whether in life or death, whether in joy or  
pain,  
I know this truth remains, that this is the day  
You made.  
(chorus)

### Verse 2

Now I can walk in faith, You will protect my  
way.  
Your every work is good, and this is the day You  
made.  
I am a child of Yours, You are the One who  
saves.

### Bridge

This is the day, come and sing your praise,  
For the Lord now reigns on the throne of grace.  
Soon is the day He will bring us home  
And we have this hope for we are His own.  
This is the day, come and sing your praise,  
For the Lord now reigns on the throne of grace.  
Soon is the day He will bring us home  
And we have this hope for we are His own.  
(chorus)

### End

Whether the sun will shine, whether the skies  
will rain.  
I know that You are good, and this is the day  
You made.

<sup>20</sup> And likewise the cup after they had eaten,  
saying, "This cup that is poured out for you is  
the new covenant in my blood.

<sup>21</sup> But behold, the hand of him who betrays  
me is with me on the table.

<sup>22</sup> For the Son of Man goes as it has been  
determined, but woe to that man by whom  
he is betrayed!" <sup>23</sup> And they began to question  
one another, which of them it could be who  
was going to do this.



## SESSION FOUR:

GIVE THANKS IN ALL THINGS, FOR THIS IS  
THE WILL OF GOD IN CHRIST JESUS FOR

### *Luke 22:14-23*

<sup>14</sup> And when the hour came, he reclined at table,  
and the apostles with him.

<sup>15</sup> And he said to them, "I have earnestly desired  
to eat this Passover with you before I suffer.

<sup>16</sup> For I tell you I will not eat it until it is fulfilled  
in the kingdom of God."

<sup>17</sup> And he took a cup, and when he had given  
thanks he said, "Take this, and divide it among  
yourselves.

<sup>18</sup> For I tell you that from now on I will not drink  
of the fruit of the vine until the kingdom of God  
comes."

<sup>19</sup> And he took bread, and when he had given  
thanks, he broke it and gave it to them, say-  
ing, "This is my body, which is given for you. Do  
this in remembrance of me."

## ONLY A HOLY GOD:

### Verse 1

Who else commands all the hosts of heaven  
Who else could make every king bow down  
Who else can whisper and darkness trembles  
Only a Holy God

### Verse 2

What other beauty demands such praises  
What other splendour outshines the sun  
What other majesty rules with justice  
Only a Holy God

### Chorus

Come and behold Him  
The One and the Only  
Cry out sing holy  
Forever a Holy God  
Come and worship the Holy God



Verse 3

What other glory consumes like fire  
What other power can raise the dead  
What other name remains undefeated  
Only a Holy God

Verse 4

Who else could rescue me from my failing  
Who else would offer His only Son  
Who else invites me to call Him Father  
Only a Holy God  
Only my Holy God

(Chorus 2X)

Tag

Come and worship the Holy God

## Group Activity

1) Think about your current prayer life. Would you say that your personal prayer time is usually a time of joy? Guilt? Confusion? Answers? Encouragement?

2) What are the obstacles to your prayer life?

3) Share any new insight you gained when you wrote out the "Disciple's Prayer".

4) On a scale of 0-100%, what percentage of the time do you feel you can submit to the Lord's will in your life?

5) Think about what is concerning you most right now? Write your concern on a strip of paper and put it in your prayer jar.

6) Choose one person to pray for the group that God would grow all of us in our depth of prayer life with Him.

# The "Disciples" Prayer

## pg. 2

Give us this day our daily bread:

Forgive us our debts as we forgive our debtors:

Lead us not into temptation but deliver us from evil:

(For thine is the kingdom and the power  
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## ANCIENT OF DAYS

Verse 1

Though the nations rage  
Kingdoms rise and fall  
There is still one King  
Reigning over all

So I will not fear  
For this truth remains  
That my God is the Ancient of Days

Chorus 1

None above Him none before Him  
All of time in His hands  
For His throne it shall remain and ever stand

All the power all the glory  
I will trust in His name  
For my God is the Ancient of Day

Verse 2

Though the dread of night  
Overwhelms my soul  
He is here with me  
I am not alone

O His love is sure  
And He knows my name  
For my God is the Ancient of Days

Verse 3

Though I may not see  
What the future brings  
I will watch and wait  
For the Saviour king

Then my joy complete  
Standing face to face  
In the presence of the Ancient of Days

(Chorus)

Tag

For my God is the Ancient of Days

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# The "Disciples" Prayer

## pg. 1

Our Father in heaven, hallowed be your  
name:

Your kingdom come:

Your will be done on earth as it is in heav-  
en:



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SESSION THREE: PRAY WITHOUT

*Matthew 6:5-13*



# IT IS WELL

## Verse 1

When peace like a river

Attendeth my way

When sorrows like sea billows roll

Whatever my lot

Thou hast taught me to say

It is well

It is well with my soul

## Chorus

It is well, it is well

With my soul, with my soul

It is well, it is well, with my soul

## Verse 2

My sin O the bliss

Of this glorious thought

My sin not in part but the whole

SESSION THREE: PRAY WITHOUT

*Matthew 6:5-13*

Is nailed to the cross  
And I bear it no more  
Praise the Lord  
Praise the Lord O my soul

(Chorus)

Verse 3

And Lord haste the day  
When my faith shall be sight  
The clouds be rolled back as a scroll

The trump shall resound  
And the Lord shall descend  
Even so it is well  
With my soul

(Chorus)



# JOYFUL JOYFUL WE ADORE THEE

Joyful joyful we adore Thee  
God of glory Lord of love  
Hearts unfold like flow'rs before Thee  
Opening to the sun above

Melt the clouds of sin and sadness  
Drive the dark of doubt away  
Giver of immortal gladness  
Fill us with the light of day

Verse 2  
All Thy works with joy surround Thee  
Earth and heav'n reflect Thy rays  
Stars and angels sing around Thee  
Center of unbroken praise

Field and forest vale and mountain  
Flowery meadow flashing sea  
Chanting bird and flowing fountain  
Call us to rejoice in Thee

"Our Father in heaven,  
hallowed be your name.  
<sup>10</sup> Your kingdom come,  
Your will be done,  
on earth as it is in heaven.  
<sup>11</sup> give us this day our daily bread,  
<sup>12</sup> and forgive us our debts,  
as we also have forgiven our debtors.  
<sup>13</sup> and lead us not into temptation,  
but deliver us from evil.



### Verse 3

Thou art giving and forgiving  
Ever blessing ever blest  
Wellspring of the joy of living  
Ocean depth of happy rest

Thou our Father Christ our Brother  
All who live in love are Thine  
Teach us how to love each other  
Lift us to the joy divine

### Verse 4

Mortals join the mighty chorus  
Which the morning stars began  
Father love is reigning o'er us  
Brother love binds man to man

Ever singing march we onward  
Victors in the midst of strife  
Joyful music lifts us sunward  
In the triumph song of life

## SESSION THREE: PRAY WITHOUT CEASING

### *Matthew 6:5-13*

<sup>5</sup> “And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. <sup>6</sup> But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

<sup>7</sup> “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. <sup>8</sup> Do not be like them, for your Father knows what you need before you ask him. <sup>9</sup> Pray then like this:



# Individual Activity

With the jars you have been given please write a note of joy that God has blessed you with. It could a list, or a note. Write whatever will help you remember your joys God has given you in the hard moments of life.

*Take this space in your journal to write a list of joys God has blessed you with this past month.*

*Now write down those joys that Christ has given you on the small paper provided and put it in your jar.*

## 10,000 REASONS

Chorus

Bless the Lord O my soul  
O my soul  
Worship His holy name  
Sing like never before  
O my soul  
I'll worship Your holy name

Verse 1

The sun comes up  
It's a new day dawning  
It's time to sing Your song again  
Whatever may pass  
And whatever lies before me  
Let me be singing  
When the evening comes

(Chorus)

Verse 2

You're rich in love  
And You're slow to anger  
Your name is great  
And Your heart is kind  
For all Your goodness  
I will keep on singing  
Ten thousand reasons  
For my heart to find



(Chorus)

Verse 3

And on that day  
When my strength is failing  
The end draws near  
And my time has come  
Still my soul will sing  
Your praise unending  
Ten thousand years  
And then forevermore  
Forevermore

(Chorus)

Ending

Worship Your holy name  
Lord I'll worship Your holy name



# Group Activity

Please share your thoughts on the word rejoice by answering the following questions.

How do you define the word rejoice?

What helps you to rejoice each day?

Are there moments or times when you have rejoiced in the Lord even when times seem difficult?



# YOU ARE MY ALL IN ALL

## Verse 1

You are my strength when I am weak

You are the treasure that I seek

You are my all in all

Seeking You as a precious jewel

Lord to give up I'd be a fool

You are my all in all

## Chorus

Jesus, Lamb of God

Worthy is Your name

Jesus, Lamb of God

Worthy is Your name

## Point Three-

**Rejoice in the Lord always and the peace of God will be with you.**

*Where do you find your peace? Are you leaning into the peace God gives? Or are you looking to the world to supply you with a peace that does not last?*



## Verse 2

Taking my sin my cross my shame

Rising again I bless Your name

You are my all in all

When I fall down You pick me up

When I am dry You fill my cup

You are my all in all

(Chorus)

## SESSION TWO: REJOICE IN THE LORD ALWAYS

*Philippians 4:4-9*

### **Point One-**

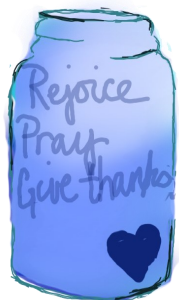
**Rejoice in the Lord always and be reasonable.**

*Do you look to Christ for your joy in all circumstances? Is the gentleness of Christ evident to those around you?*

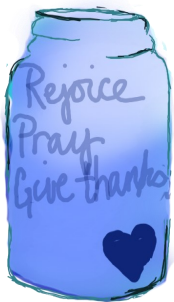
### **Point Two-**

**Rejoice in the Lord always with prayer and thanksgiving.**

*In those dark moments where do you turn? Do you freeze not knowing where to go? Or do you cry out to Christ who gives us the strength?*



<sup>8</sup> Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence; if there is anything worthy of praise, think about these things. <sup>9</sup> What you have learned and received and heard and seen in me— practice these things, and the God of peace will be with you.



## SESSION TWO: REJOICE IN THE LORD ALWAYS

### *Philippians 4:1-9*

4 <sup>1</sup> Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved. <sup>2</sup> I entreat Euodia and I entreat Syntyche to agree in the Lord. <sup>3</sup> Yes, I ask you

also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.

<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

## Group Discussion:

1. As we eagerly await his return, how should that affect the way that we live our lives?
2. How are you at encouraging others? Just as a personal application, think of one person that you could write an encouragement note to this week. (We will have cards available if you would like to do that sometime this weekend)
3. How have you seen the Lord at work in your life in the last year, months, week? If you feel comfortable, share a brief testimony with your group. This is a practical way that we “build one another up”, and it can be so encouraging to others to hear how God has worked (is working) in your life.

## SESSION ONE: ENCOURAGING ONE ANOTHER

### *1 Thessalonians 5:8-22*

<sup>8</sup> But since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation. <sup>9</sup>For God has not destined us for wrath, but to obtain salvation through our Lord Jesus Christ, <sup>10</sup>who died for us so that whether we are awake or asleep we might live with him. <sup>11</sup>Therefore encourage one another and build one another up, just as you are doing. <sup>12</sup> We ask you, brothers, to respect those who labor among you and are over you in the Lord and admonish you, <sup>13</sup>and to esteem them very highly in love because of their work. Be at peace among yourselves.

<sup>14</sup> And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all. <sup>15</sup> See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone. <sup>16</sup> Rejoice always, <sup>17</sup> pray without ceasing, <sup>18</sup> give thanks in all circumstances; for this is the will of God in Christ Jesus for you. <sup>19</sup> Do not quench the Spirit. <sup>20</sup> Do not despise prophecies, <sup>21</sup> but test everything; hold fast what is good. <sup>22</sup> Abstain from every form of evil.

## Individual Activity:

Each of you received a jar when you first arrived. We are going to be putting prayer requests in them in each of the next 3 sessions. We'll talk more about that tomorrow, but I'd like to encourage you to spend some time pondering these questions before our next session:

What causes your heart to rejoice?

What situation in your life is consuming the most of your energy/concern/worry?

List some things that you are thankful for:



SESSION ONE: ENCOURAGING ONE ANOTHER

*1 Thessalonians 5:8-22*



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SESSION ONE: ENCOURAGING ONE ANOTHER

*1 Thessalonians 5:8-22*



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