

## How Do I Stay Calm in Life's Storms?

*Rejoice in the Lord always. Again I will say, rejoice!*

*Χαίρετε ἐν κυρίῳ πάντοτε· πάλιν ἐρῶ, χαίρετε.*

### 1. \_\_\_\_\_ in the Lord \_\_\_\_\_

- **Definition:** willful delight; purposeful pondering
- **Duration:** every circumstance; all the time
- **Direction:** in the Lord

*Why?*

#### a. *Because of God's* \_\_\_\_\_: *Who He* \_\_\_\_\_

**Psalm 9:1-2**

*I will praise [You], O LORD, with my whole heart;*

*I will tell of all Your marvelous works.*

*I will be glad and rejoice in You;*

*I will sing praise to Your name, O Most High.*

#### b. *Because of God's* \_\_\_\_\_: *What He* \_\_\_\_\_

**Psalm 5:11-12**

*But let all those rejoice who put their trust in You;*

*Let them ever shout for joy, because You defend them;*

*Let those also who love Your name be joyful in You.*

*For You, O LORD, will bless the righteous;*

*With favor You will surround him as [with] a shield.*

**Psalm 33**

### 2. Identify Ineffective Anchors: Those That Won't Hold

- \_\_\_\_\_ : temporarily satisfy; if they can satisfy
- \_\_\_\_\_ : hobbies, work, sports
- \_\_\_\_\_ : will not & cannot meet your expectations
- \_\_\_\_\_ **Appearance:** age, accident, temporary
- \_\_\_\_\_ **of Importance:** temporary; temporal
- \_\_\_\_\_ : lose luster, temporary; demand time
- \_\_\_\_\_ **Accomplishments:** soon forgotten; vanity

### 3. Focus on Eternal Unmovables: Anchors that Hold

#### a. *Not in* \_\_\_\_\_ *but in God's* \_\_\_\_\_

Luke 10:17-20 Then the seventy returned with joy, saying, "Lord, even the demons are subject to us in Your name." And He said to them, "I saw Satan fall like lightning from heaven. Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you. Nevertheless do not rejoice in this, that the spirits are subject to you, but rather rejoice because your names are written in heaven."

#### b. *Not in* \_\_\_\_\_ *but in* \_\_\_\_\_

Matt 5:10-12 Blessed *are* those who are persecuted for righteousness' sake, For theirs is the kingdom of heaven. Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great *is* your reward in heaven, for so they persecuted the prophets who were before you.

Acts 5:41 So they departed from the presence of the council, rejoicing that they were counted worthy to suffer shame for His name. (cf 1 Pet 4:12-13)

#### c. *Not on* \_\_\_\_\_ *but in God's* \_\_\_\_\_

Phil 2:17-18 Yes, and if I am being poured out as a *drink offering* on the sacrifice and service of your faith, I am glad and rejoice with you all. For the same reason you also be glad and rejoice with me.

Phil 3:1 Finally, my brethren, rejoice in the Lord. For me to write the same things to you is not tedious, but for you it is safe.

#### d. *Not on* \_\_\_\_\_, *but on what God is doing* \_\_\_\_\_ *them*

James 1:2-3 My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience.

*Though the fig tree may not blossom, Nor fruit be on the vines;  
Though the labor of the olive may fail, And the fields yield no food;  
Though the flock may be cut off from the fold,  
And there be no herd in the stalls—Yet I will rejoice in the LORD,  
I will joy in the God of my salvation. (Hab 3:17-18)*

**Connect everything with Who God is and what He does.**

*Rejoice always,  
Πάντοτε χαίρετε,  
(1 Thes 5:16)*