

# Family TableTalk

Conversation 53

## “Always” Joyful

read

*Philippians 4:4-7*

think

Different circumstances in our lives can cause us diverse and distinct emotions. Today is a day you may be feeling happy because something good happened. Or you may be dealing with some bad news and it could be making you sad. Perhaps even you have something concerning or worrying in your life and it is making you very anxious.

In Philippians, Bible scholars note that the apostle Paul is writing this letter from jail. Hence, he is in a very difficult circumstance. It must not have been easy for Paul to be in such a place under such circumstances. Yet he writes these words “Rejoice in the Lord always.” He is encouraging believers to “ALWAYS” be joyful.

What we can learn from Paul is that despite his circumstances, he practices finding joy. His call for believers is to find joy in the Lord that is not dependent or moved by circumstances but by trusting in the living God, who is always near, even in difficult times.

It is important then to see that in Paul’s circumstance, he proclaims the truth that the Lord is at hand. In addition, he exhorts believers to have faith through prayer with thanksgiving, making their hearts be known to God. Finally, he encourages believers that the fruit of such trust is that the peace of God will guard their hearts and minds in Christ Jesus. Today, Christ Jesus asks each and every one of us to be joyful because our trust is in him, our Lord and Savior, and thus joy in our life can be found in Jesus, despite our circumstances.

apply

- What circumstances or situations in our lives are making it difficult to find joy in the Lord?
- How can we pray to God so our trust may grow and our circumstances not dictate our joy or lack thereof?
- What truths of God do you need to proclaim again, so peace and joy can reign in your heart?

pray

Lord, I confess at times that my circumstances cause my faith to stumble and my peace and joy in you to be lacking. Help me to find peace in you and in your truth. Help me to come to you in prayer as the sovereign and trustworthy God. May the peace of God come and guard my heart and that Christ Jesus will be the Lord of my life in all circumstances, so that the joy of the Lord will reign.

### by Danny Kwon

Danny Kwon has been serving at Yuong Sang Church for 26 years leading the Youth and Family Ministry and teaches in the Youth Ministry Department at Eastern University. He completed his Ph.D. in Organizational Leadership. He has authored three books, “A Youth Worker’s Field Guide to Parents: Understanding Parents of Teenagers,” and “Mission Tripping: A Comprehensive Guide to Short Term Missions” (Book and Team Journal).

cpyu.org  **CPYU**  
CENTER FOR PARENT/YOUTH UNDERSTANDING

© 2020 Center For Parent/Youth Understanding