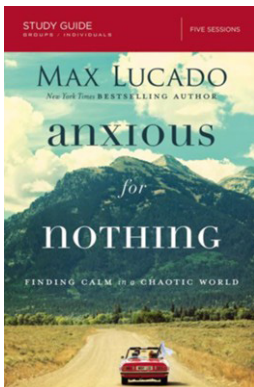




Leading your congregation through turbulent times will require intentional moments of deepening your own faith. Please enjoy this encouraging message from Max Lucado.* May it strengthen your faith and deepen your hope in the Lord.



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<https://www.amazon.com/Anxious-Nothing-Study-Guide-Finding/dp/0310087317>

"Rejoice in the Lord always; again, I will say, rejoice!" (Philippians 4:4).

Rejoice in the Lord always. Always? How are we supposed to do that with the pain and anxiety of life? Sometimes we need the reminder that the Lord is here—**always**. He is in control—**always**. Additionally, even amidst the pressures, pain, and anxiety in life, He is sovereign—**always**.

If anyone had a reason to be anxious, the apostle Paul did! Envision an old man as he gazes out the window of a Roman prison. Half-blind, squinting just to read, and awaiting trial before the Roman emperor, his future is as gloomy as his jail cell.

Yet to read his words, you would think he'd just arrived at a Jamaican beach hotel. His letter to the Philippians bears not a word of fear or complaint. Not one! Instead, he lifts his thanks to God and calls on his readers to do the same. *"Rejoice in the Lord always. Again, I will say, rejoice!" (Philippians 4:4).*

Paul's challenge is a decision deeply rooted in the confidence that God exists, that He is in control, and that He is good. Rejoice in the Lord—**always**! You can't run the world, but you can entrust it to God!





*Max Lucado is a best-selling Christian author and pastor at Oak Hills Church in San Antonio, Texas. Max was dubbed “America’s Pastor” by Christianity Today, and Reader’s Digest called him “The Best Preacher in America.”

Take the next few moments for a personal prayer:

Jesus, I love You . . . Help me to follow the biblical pattern of prayer, supplication, and thanksgiving, keeping my eyes laser-focused on You when troubles seem to overwhelm me, and anxiety threatens to steal my peace. Our problems around the world are great, but You are greater because You have overcome the world! Lord, as I walk through this week and the unknown future, I want to be anxious for nothing as Paul teaches. I want to find calm in You. Help us to not only survive this day by day but to thrive as we trust that You are sovereign and in control. We love You. Amen.

Remember: “Peace is within reach, not for a lack of problems, but for the presence of a sovereign Lord. Rather than rehearse the chaos of the world, we can choose to rejoice in the Lord’s sovereignty.” ~ Max

[Click here](#) to download a five-session study guide by Thomas Nelson Publishers and Outreach Magazine.

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