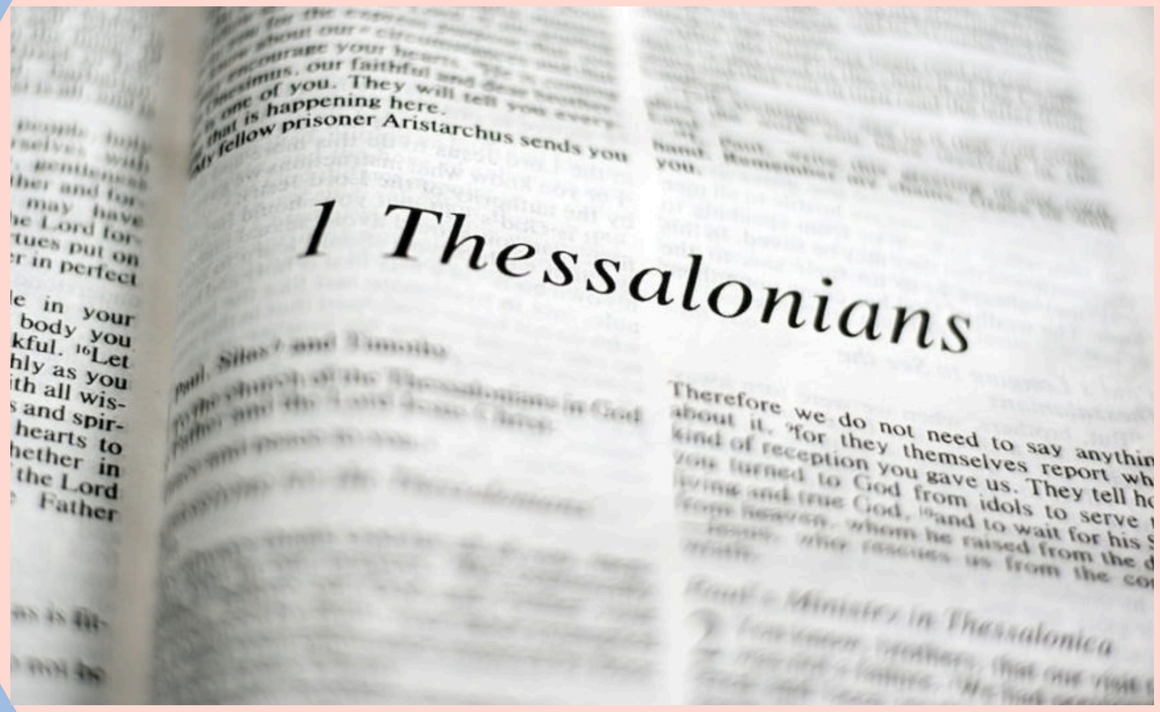
How to
LIVE
Healthy and Free


1 Thessalonians

1 Thessalonians 5:16 (ESV)

Rejoice always,

1 Thessalonians 5:17 (ESV)

pray without ceasing,

1 Thessalonians 5:18 (ESV)

give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

How to
LIVE
Healthy and Free

Sick ?

Financial ?

Depressed ?

Heartbroken ?

1 Thessalonians 5:16 (ESV)

Strife in Marriage ?

Dog's lost ?

Rejoice always,

Greek word - "chairo"
To show great joy and/or
delight - incredible happy

At all time. All occasions.

Philippians 4:4 (ESV)

Rejoice [redacted] always;

again I will say, rejoice.

Emotional Health

Which means … we can face whatever comes our way because of the HOPE we have in our Daddy!

Romans 12:12 (ESV)

Rejoice in hope …

The HOPE in the finished work of Christ on the cross

The HOPE that our 'Daddy' has His hand over us

Because of this HOPE, we can have the confidence knowing that our God is able … we can rejoice always

We NEVER rejoice
in our circumstance !!!

Because circumstances are
forever changing

Philippians 4:4 (ESV)

Rejoice **in the Lord** always;

again I will say, rejoice.

CLASSIC

When life is going well
Its so easy to “rejoice always”

What to do when circumstances are not favourable or challenging ?

How to apply it to your life ?

Held onto my HOPE

Strengthened my FAITH

By CONFESSING the PROMISES of God

Worship & Prayer

NEVER doubted in unbelief

LOVE PEOPLE
SERVE NATIONS

Chaos of the mind

We don’t rejoice in our circumstance,

we **rejoice in the Lord**
through our circumstances

Heart Health

1 Thessalonians 5:17 (ESV)

pray without ceasing,

which doesn't **mean** nonstop — but actually means constantly recurring. In other words, we can punctuate our moments with intervals of recurring prayer. ...

Hope
Faith

Philippians 4:6 (NKJV)

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

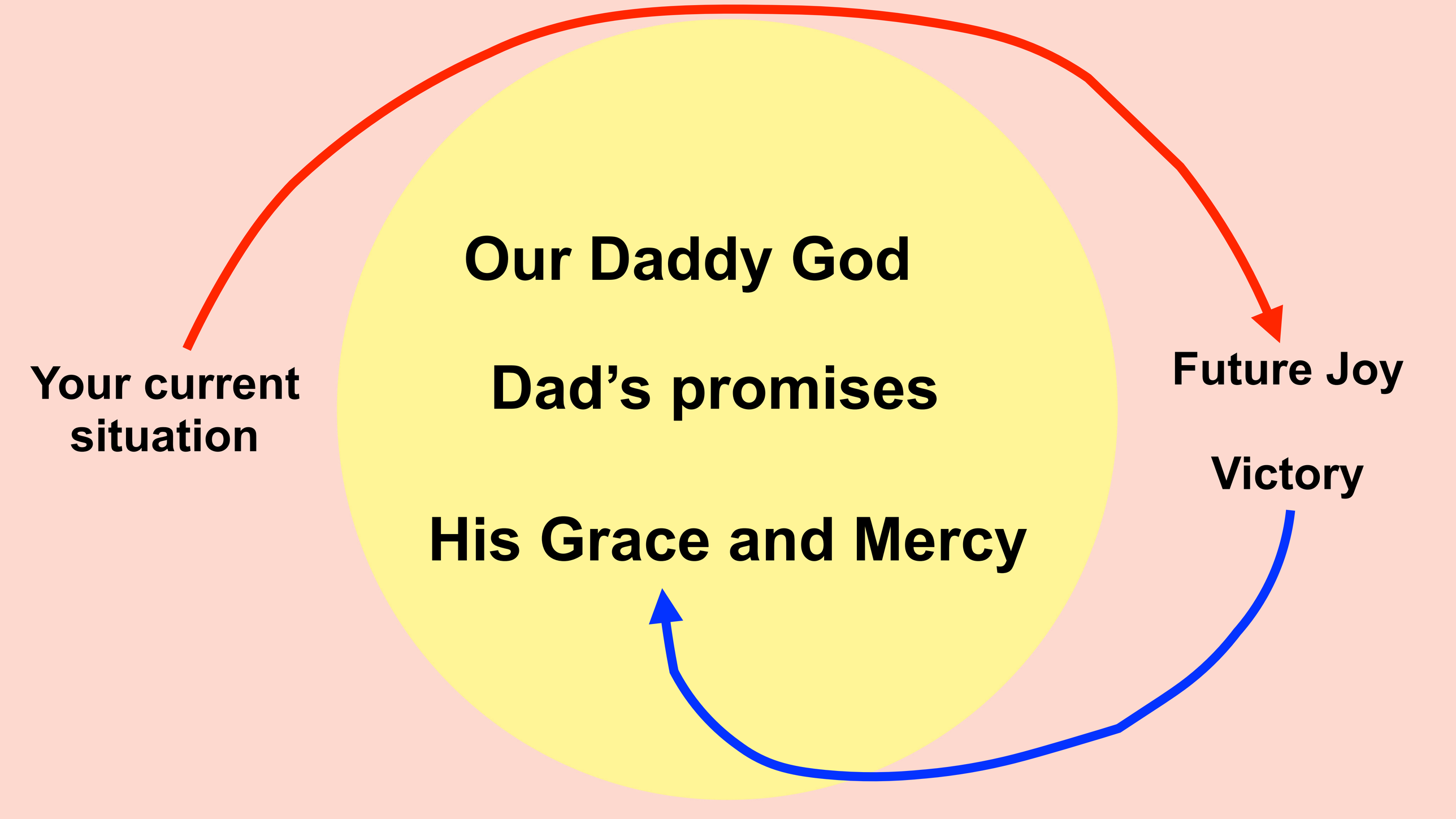
Mental Health

1 Thessalonians 5:18 (ESV)

give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Luke 22:19 (ESV)

And He took bread, gave thanks and broke it, and gave it to them, saying, “This is My body which is given for you; do this in remembrance of Me.”


Our Daddy God
Dad's promises
His Grace and Mercy
Your current situation
Future Joy
Victory

1 Thessalonians 5:18 (ESV)

give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

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