

Rejoicing!

Drs. Carl Brecheen and Paul Faulkner were masters at teaching a biblical approach to life. Part of their teaching included something that seems a bit upside down. For years they taught, "You don't sing because you're happy, you're happy because you sing." At first I thought I'd mis-heard or that they had mis-spoken. But they went on to explain and I became convinced they are right!

Sometimes even strong Christians get up tired, spent, burned out, etc. Think about it... you get out of bed a bit "bummed," mope around half an hour, get a second cup of coffee and nothing seems to help. Then your favorite song comes on the radio, you sing along, you get a spring in your step, begin to sing a little louder, and before you recognize what's happening, you are literally happier!

I'm still OK with the old hymn,

I sing because I'm happy, I sing because I'm free,

His eye is on the sparrow, and I know He watches me.

We can certainly sing *because* we are happy, but the question on the table is, "What do I do when I'm *not* happy?" That is the challenge here.

Humanly speaking, it might seem odd that anyone would simply *command* another to rejoice. We respond, "You don't know my sorrow; you don't understand my pain," which is often true, but not germane to the point. God, through Paul's pen gives us an imperative command in Philippians 4:4, "**Rejoice in the Lord always; again I will say, rejoice.**" *Remember, God never gives us a command that He has not empowered us to accomplish!* If He commands it, then it *is* possible!

The imperative includes three sections: the *what* - "rejoice," the *where*, "in the Lord," and the *when*, "always" - then he repeats for emphasis. Dr. Brecheen and Dr. Faulkner simply reminded us of Philippians 4:4-13 when they said, "We don't sing because we're happy, we're happy because we sing." Can you do it? Read verse 13, "I can do all things through Him who strengthens me." Try *it, you'll like it!*

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