



Day 2

Galatians 6:9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Here you are at day 2 in our challenge to “rejoice always” for one week—no complaining, no criticizing, no griping. Did you make it through the entire day yesterday? If not, don’t be discouraged and don’t give up. You’re building new spiritual muscle and it takes time.

Can you identify what, if anything, you complained about yesterday? What, if anything, caused you to lose your joy? If so, that will help you to be more alert today. For example, did you complain or say anything negative about:

- the weather?
- your workload?
- your commute?
- a family member?
- a co-worker?
- your physical condition?
- your job?
- _____

Identifying what or who you tend to view negatively means you can pray specifically about that, ask God to help you overcome it, and see victory in that area.

Go forth today with the joy of the Lord filling your heart! You’ll be amazed at how much you can accomplish when you do, because the joy of the Lord is your strength!

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