



## Day 4

*Psalm 68:3 But may the righteous be glad and rejoice before God; may they be happy and joyful.*

Day 4 marks the half-way point in our one-week challenge to rejoice always. Have you noticed a difference in your days? Have you seen a change in the way you relate to others and the way they relate to you? When you are always rejoicing—even though it may be more internally than externally—it shows on your face, in your relationships, and in your energy level.

In this Psalm, David encourages us to rejoice before God. Here are some suggestions for how you can rejoice before God:

- Sing your favorite praise song to God. Find a time today when you can sing to God alone, and just lift up your voice to him. Make a joyful noise to the Lord.
- Choose one particular attribute of God for which you are grateful, and thank him all day long for that attribute. (I often praise him because he never changes! In a world full of change and uncertainty, I'm so glad my God never changes.)
- Take a peace break today—at least five minutes when you can get away from everything around you and praise God, out loud if possible. (Ladies rooms work well in public places!)

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