



## Day 7

*Psalm 100:*

*Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.*

As we conclude our seven-day challenge to rejoice in the Lord always, it is Sunday and hopefully you will be in your church today, praising God with brothers and sisters in Christ. This Psalm is very familiar, but today, maybe for the first time, I'm hoping you will practice it, not just read it. How?

- Don't be afraid to "shout" for joy. Let your voice of joy be heard, in your private or corporate worship.
- Sing joyful songs, hopefully with others joining in.
- As you enter your church, give thanks and praise for your church, your pastor, and the fellowship you have there.
- Worship in gladness today. Don't allow anyone to dampen your joyful spirit.

At the end of the day you will have completed this challenge. Take time to make a record of what this week has meant to you. Remember what you've learned, how you've been blessed, and the difference it makes when you focus on rejoicing in the Lord always. And I would be so blessed if you would share your record with me.

This Challenge to Rejoice Always has been a blessing in my life because:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

If you click on the button below and include your name, mailing address and how this challenge has been a blessing in your life, we will send you a set of verse cards as a reminder to Rejoice Always!

Mary Lowman

Please Send Rejoice Always  
Cards

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