



Scriptures for Life

Relax - Philippians 4:4,5

Welcome to Scriptures for Life with TorahFamily.org. Taking time to focus on the Father's way.

Phil. 4:4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near.

Can you rejoice always? Oh, it's easy to rejoice when things are going good. It's easy to rejoice when things are going your way. But what about when things aren't going good? What about those times when things aren't going your way? Can you rejoice then? That's when we have to remind ourselves of this verse.

Verse 5 says to let our gentleness be evident to all. What happens when things don't go your way? Are you gentle? We're tempted to be the exact opposite aren't we? Frustrated, tense, on the edge. Perhaps that's why we see Paul say to rejoice here as well. Maybe this is Paul's way of saying "Relax. it's all good." Even in those times when it feels the Lord isn't near, we need to remember that He is.

It's because He is near, we need to remember that He is in control. That's all the reason we need to rejoice. All the reason to relax.

Let this be a focus in your time of meditation throughout the day. Until next time, shalom!