



1 Thessalonians 5:16-18

[16] Rejoice always,

[17] pray constantly,

[18] give thanks in everything; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18 ERV

[16] Always be full of joy.

[17] Never stop praying.

[18] Whatever happens, always be thankful.

This is how God wants you to live in Christ Jesus.





Paul counseled this persecuted church to rejoice always. Paul had learned the secret of being joyful, even in the middle of great trial and suffering (verses quoted from NIV):

Acts 16:25: “About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them.”

Romans 5:3: “Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance.”

2 Corinthians 6:4-10: “Rather, as servants of God we commend ourselves in every way: in great endurance; in troubles, hardships and distresses; in beatings, imprisonments and riots; in hard work, sleepless nights and hunger; in purity, understanding, patience and kindness; in the Holy Spirit and in sincere love; in truthful speech and in the power of God; with weapons of righteousness in the right hand and in the left; through glory and dishonor, bad report and good report; genuine, yet regarded as impostors; known, yet regarded as unknown; dying, and yet we live on; beaten, and yet not killed; sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything.”

2 Corinthians 12:10: “That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.”

Colossians 1:24: “Now I rejoice in what was suffered for you, and I fill up in my flesh what is still lacking in regard to Christ’s afflictions, for the sake of his body, which is the church.”

Paul had just commanded the believers to love one another and then to rejoice. Interestingly, when Jesus spoke to his disciples about loving one another, he also talked to them about joy.