

God Answers Prayers
He Helps



1 Thessalonians 5:16-18 (NIV)

16 Rejoice always,

17 pray continually,

18 give thanks in all circumstances;

for this is God's will for you in Christ Jesus.



A close-up photograph of a person's hands holding a thick, orange leather-bound book. The person is wearing a dark, long-sleeved garment. The background is a soft-focus outdoor scene with green foliage and a path, suggesting a peaceful, natural environment. The lighting is warm and natural, highlighting the texture of the book and the person's hands.

THE LIFE OF A BELIEVER

MATTHEW 5

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MATTHEW 5

- v3-11 - The Beatitudes
- v13-14 - Salt & Light
- v21-33 - Jesus' standards
- v39 - Turn your other cheek
- v43 - A new law: love your enemies

MATTHEW 5:48

Be perfect, therefore,
as your heavenly Father is perfect.





THE LIFE OF A BELIEVER

Three Impossible Commands

- Rejoice always
- Pray continually
- Give thanks in all circumstances

**For this is God's Will for you
in Christ Jesus**



Three Impossible Commands

- Rejoice always
- Pray continually
- Give thanks in all circumstances

Can we be joyful amid all the problems in the world?

JOHN 11:35:

The shortest verse in the English New Testament (**SORROW**)

1 THESSALONIANS 5:16

The shortest verse in the Greek New Testament (**JOY**)



- **Upper Room Discourse**

- Focus on Joy
- Betrayal/Death imminent

- **Jesus**

- Man of Sorrows (**ISAIAH 53**)
- Giver of Joy (**JOHN 15:11**)



- **Paul**

- is sorrowful, yet full of joy
(2 CORINTHIANS 6:10)

- **Philippians**

- Letter written in jail, yet it is the most joyful
of all of Paul's writings **(epistles)**



PHILIPPIANS 4:4 Rejoice in the Lord always.
I will say it again: Rejoice!



Nehemiah 8:10

9 Then Nehemiah the governor, Ezra the priest and teacher of the Law, and the Levites who were instructing the people said to them all, “This day is holy to the Lord your God. Do not mourn or weep.” For all the people had been weeping as they listened to the words of the Law.

10 Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.”



Joy does not simply happen to us.
We have to choose joy and keep choosing it every day.
It is a choice based on the knowledge that
we belong to God and have found in God our refuge
and our safety and that nothing, not even death,
can take God away from us.
- Henri Nouwen -



PSALM 70

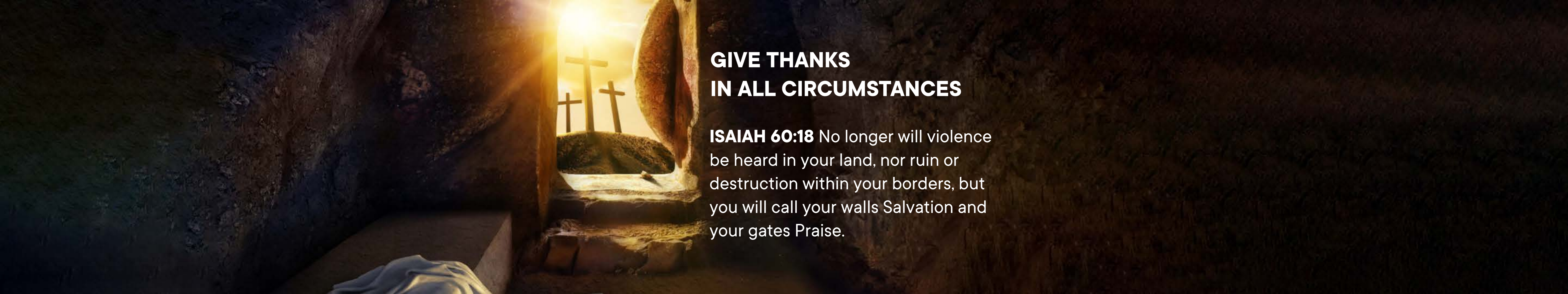
1 Hasten, O God, to save me; come quickly, Lord, to help me.

2 May those who want to take my life be put to shame and confusion; may all who desire my ruin be turned back in disgrace.

3 May those who say to me, “Aha! Aha!” turn back because of their shame.

4 **But may all who seek you rejoice and be glad in you; may those who long for your saving help always say, “The Lord is great!”**

5 But as for me, I am poor and needy; come quickly to me, O God. You are my help and my deliverer; Lord, do not delay.



GIVE THANKS IN ALL CIRCUMSTANCES

ISAIAH 60:18 No longer will violence be heard in your land, nor ruin or destruction within your borders, but you will call your walls Salvation and your gates Praise.

GIVE THANKS IN ALL CIRCUMSTANCES



REVELATION 21:21 The twelve gates were twelve pearls, each gate made of a single pearl. The great street of the city was of gold, as pure as transparent glass.

A wide-angle landscape photograph featuring a calm lake in the foreground, a grassy slope on the left, and dark, rugged mountains in the background. A bright sunburst effect is centered behind the text, creating a lens flare that illuminates the scene.

THANKFULNESS, OUR GIFT OF PRAISE

Not necessarily **“FOR”**

But always **“IN”**

A close-up, low-angle shot of a person's hands clasped in prayer, resting on an open book. The hands are positioned in the center of the frame, with fingers interlaced. The book is open, showing the pages, and is placed on a dark surface. The background is dark, creating a dramatic and focused atmosphere. The text "PRAY CONTINUALLY" is overlaid in white, bold, uppercase letters across the center of the image, partially covering the hands and the book.

PRAY CONTINUALLY



VIDEO

An open book with a scroll resting on it, set against a dark background. The book is open to a page with text, and the scroll is partially unrolled, showing its texture and the text written on it. The lighting is dramatic, highlighting the edges of the pages and the scroll.

PRAY CONTINUALLY

Be constant in this prayer

PROVERBS 4:23 Above all else, guard your heart,
for everything you do flows from it.

PRAY CONTINUALLY

Be constant in this prayer

MATTHEW 5:8 Blessed are the pure in heart,
for they will see God.



PRAY CONTINUALLY

Be constant in this prayer

NEHEMIAH 2:4 The king said to me, “What is it you want?” Then I prayed to the God of heaven,





CONCLUSION

PRAYER

is the link between

JOY + THANKSGIVING

CONCLUSION

Watchman Nee

The key to a life that wins
is not the changed life,
but the Exchanged Life



A golden cross stands on an open book with a sunset background. The cross is positioned in the center, and the book is open in front of it. The background shows a sunset over a landscape with hills and trees. The text is overlaid on the image.

CONCLUSION

- For this is God's Will for you in Christ Jesus
- To rejoice always, give thanks in everything and pray continually
- Exercise Your Will