

REJOICE



truHope

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Let's rethink Rejoicing!
Rejoicing is a powerful weapon the Lord has given us. It protects and helps us stand firm, provides relief, causes joy, and strengthens us to persevere.

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The Root of Joy or Joylessness

Who is your God?



1

It is impossible to have joy when we think we serve a joyless God. We do not serve a grumpy God.

God is joyful. He is rejoicing over us.

Zephaniah 3:17: “The Lord your God is among you, a warrior who saves. He will rejoice over you with gladness. He will be quiet in his love. He will delight in you with singing.”

2

God’s anger is quick and brief, but His joy is for a lifetime. Come share in your Master’s joy.

Psalm 30:5 For his anger lasts only a moment, but his favor, a lifetime.

Matthew 25:14-30 v21,23: “Share your master’s joy.”

Hearing from God

Meditation Journaling



*“A rejoicing heart soon makes
a praising tongue.”
-Charles Spurgeon*



Rejoice is an Action.



Rethinking...

Rejoice is an action.

Paul felt genuine sorrow. This is not ignoring reality. This is not faking joy. This is when my body feels dead, moving so my dead bones come alive. This is when my heart feels heavy, speaking who He is. This is when I feel broken, weeping before Him.

Science now knows what God has said from the beginning. Movement produces hope. Myokines are small proteins called “Hope Molecules.” When muscles contract they release these into the bloodstream and are then carried to the brain. The myokines improve mood, help people learn from mistakes, increase motivation, and make the brain more resilient. God created us very good. He gave us His Word of truth way before science.

Philippians 2:25-27 “But I considered it necessary to send you Epaphroditus—my brother, coworker, and fellow soldier, as well as your messenger and minister to my need—since he has been longing for all of you and was distressed because you heard that he was sick. Indeed, he was so sick that he nearly died. However, God had mercy on him, and not only on him but also on me, so that I would not have sorrow upon sorrow.”

2 Corinthians 6:3-10 “We are not giving anyone an occasion for offense so that the ministry will not be blamed. 4 Instead, as God’s ministers, we commend ourselves in everything: by great endurance, by afflictions, by hardships, by difficulties, 5 by beatings, by imprisonments, by riots, by labors, by sleepless nights, by times of hunger, 6 by purity, by knowledge, by patience, by kindness, by the Holy Spirit, by sincere love, 7 by the word of truth, [b] by the power of God; through weapons of righteousness for the right hand and the left, 8 through glory and dishonor, through slander and good report; regarded as deceivers, yet true; 9 as unknown, yet recognized; as dying, yet see—we live; as being disciplined, yet not killed; 10 as grieving, yet always rejoicing; as poor, yet enriching many; as having nothing, yet possessing everything.

Rethinking ...

Rejoice is an action.

Joy is a noun.

Rejoice is a verb. An action, a doing, a practice

I can practice my rejoicing until I am joyful.

I can move my way back to the noun of joy!

Prime the pump!

Romans 12:12: “Rejoice in hope; be patient in affliction; be persistent in prayer.”

Psalms 47:1: “Clap your hands, all you peoples; shout to God with a jubilant cry.”

*If there is no hope, there
is no motivation*

Hearing from God

Meditation Journaling





Rejoice as Delight

Rethinking ...

Rejoice as Delight

Rejoicing as delighting with Divine connections. Whatever gifts I have, no matter how small, are gifts from God.

God gave us enjoyment. Everything He made is good. See and enjoy who He is—the Creator, the Magnificent Lord, His glory, His Awesomeness.

1 Timothy 4:5: “For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, since it is sanctified by the word of God and by prayer.”

1 Timothy 6:17: “Instruct those who are rich in the present age not to be arrogant or to set their hope on the uncertainty of wealth, but on God, who richly provides us with all things to enjoy.”

Philippians 4:8: “Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.”

Spend some time dwelling on these things

factual, aligned to His Word, genuine

True



worthy, significant importance, notable

Honorable



innocent, holy, righteous, right

Just



sacred, innocent, perfect

Pure



acceptable, pleasurable

Lovely



praiseworthy, of good report, good-will to others

Commendable



Hearing from God

Meditation Journaling



Rejoicing as a Strength



Rethinking...

Rejoicing as a Strength

Nehemiah 8:10: "Then he said to them, "Go and eat what is rich, drink what is sweet, and send portions to those who have nothing prepared, since today is holy to our Lord. Do not grieve, because the joy of the Lord is your strength."

The joy of the Lord is my strength!

Strength: Protection, guard, place of refuge, stronghold, unassailable provider, provides safety, taking shelter quickly.

He is my strength; therefore, I can rejoice!

He has been and always will be Our Shield of Protection.

Exodus 9

He was the protector and strength in Exodus with the Israelites.

Isaiah 10

He was the protector and strength of the Israelites and the Assyrians.

Ephesians 6

He is our protector and strength now.

There is a greater reality coming!

Hearing from God

Meditation Journaling



Rejoicing as Rest



Rethinking ...

Rejoicing as Rest

*“In peace, I will lie down and sleep, for you alone, LORD,
make me dwell in safety.”*

Psalm 4:8

The Mind is our mental and emotional being.
The Brain is the organ in our body.

When the brain is stressed or traumatized, it does not function well. It reacts in a fight, flee, or freeze mode. This reaction is short-lived. After 90 seconds, our minds choose our reactions. So we can stop, pause for 90 seconds when our brain is loud, and then let our mind pick the response.

Our brain is louder, but our mind is higher.

Because He is our rest, we can go to the higher place of our minds and take on the mind of Christ to quiet our brains.

God graces us. We have been washed clean; therefore, we can rejoice in what He has done for us. We have been relieved of the burdens and what weighs us down.

Psalm 55:6: “ And he replied, “My presence will go with you, and I will give you rest.”

Isaiah 26:3: “ 'Perfect, absolute peace surrounds those whose imaginations are consumed with you; they confidently trust in you.”

He is waiting to give you rest

Prodigal Son

Luke 15: 20- 24: “So he got up and went to his father. But while the son was still a long way off, his father saw him and was filled with compassion. He ran, threw his arms around his neck, and kissed him. 21 The son said to him, ‘Father, I have sinned against heaven and in your sight. I’m no longer worthy to be called your son.’

22 “But the father told his servants, ‘Quick! Bring out the best robe and put it on him; put a ring on his finger and sandals on his feet. 23 Then bring the fattened calf and slaughter it, and let’s celebrate with a feast, 24 because this son of mine was dead and is alive again; he was lost and is found!’ So they began to celebrate.

Just imagine that the Lord has been waiting for you. He is standing there at the gate every day, looking, hoping today will be the day. Then He sees you a long way off. He is no longer standing still. He is running to you, throwing His arms around you, kissing you, welcoming you with open arms. He doesn't even care what you might have done- He is just glad you are there with Him. He tells everyone - to prepare for a feast. He is celebrating things to come. He is your rest.

Hearing from God

Meditation Journaling





Rejoicing as Trust

Rethinking...

Rejoicing as Trust

Psalm 34:18: “The Lord is near the brokenhearted; he saves those crushed in spirit.”

Broken - pieces might be able to be put back together



Crushed - we may never see in this lifetime how the pieces go back together



But God is near the brokenhearted, and He **SAVES** those crushed. He redeems, restores and sustains us.



Lord, I will find you in the middle of this brokenness. You've been here all along. I will trust You and Your promises when I only see the mess. I will believe You are who You say You are and will do what You say You will do.

Rethinking...

Rejoicing as Trust

“Trust God from the bottom of your heart; don’t try to figure everything out on your own. Listen for God’s voice in everything you do and everywhere you go; He’s the one who will keep you on track. Don’t assume that you know it all.

Run to God!” Proverbs 3: 5-6

When we read about trusting God, sometimes it seems we have to create this mountain of faith. But trust is not a huge mountain we have to move. It is a firm belief in the reliability, truth, and ability or strength of someone or something. Namely God and His character and promises.

We trust in so many things already, such as an airplane's ability to fly, a chair's ability to hold us up when we sit, and the sun's ability to rise in the morning. However, these are not based on any guarantees.

God’s character is unchanging. He is known and has shown his faithfulness over and over again. I remember a poster I had that said Never be afraid to trust a KNOWN GOD in an unknown situation.

Whom are you trusting? I love Psalms 5:11-12. We can run to Him. His arms are wide open to receive us and cover us. He desires to party and rejoice with us. He is FAMOUS for welcoming us. We just need to rest in who He is.

“But you’ll welcome us with open arms when we run for cover to you. Let the party last all night! Stand guard over our celebration. You are famous, God, for welcoming God-seekers, for decking us out in delight.” Psalms 5:11-12

Rethinking...

Rejoicing as Trust

*Part of the Passover celebration is the singing of Psalms 113 -118
We know they sang these hymns at the last supper before heading to the
Garden of Gethsemane*

Matthew 26: 26-30: “As they were eating, Jesus took bread, blessed and broke it, gave it to the disciples, and said, “Take and eat it; this is my body.” 27 Then he took a cup, and after giving thanks, he gave it to them and said, “Drink from it, all of you. 28 For this is my blood of the covenant,[e] which is poured out for many for the forgiveness of sins. 29 But I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father’s kingdom.” 30 After singing a hymn, they went out to the Mount of Olives.

Psalm 118: 19-24: “Open the gates of righteousness for me; I will enter through them and give thanks to the Lord. This is the Lord's gate; the righteous will enter through it. I will give thanks to you because you have answered me and have become my salvation. The stone that the builders rejected has become the cornerstone. This came from the Lord; it is wondrous in our sight. This is the day the Lord has made; let's rejoice and be glad in it.

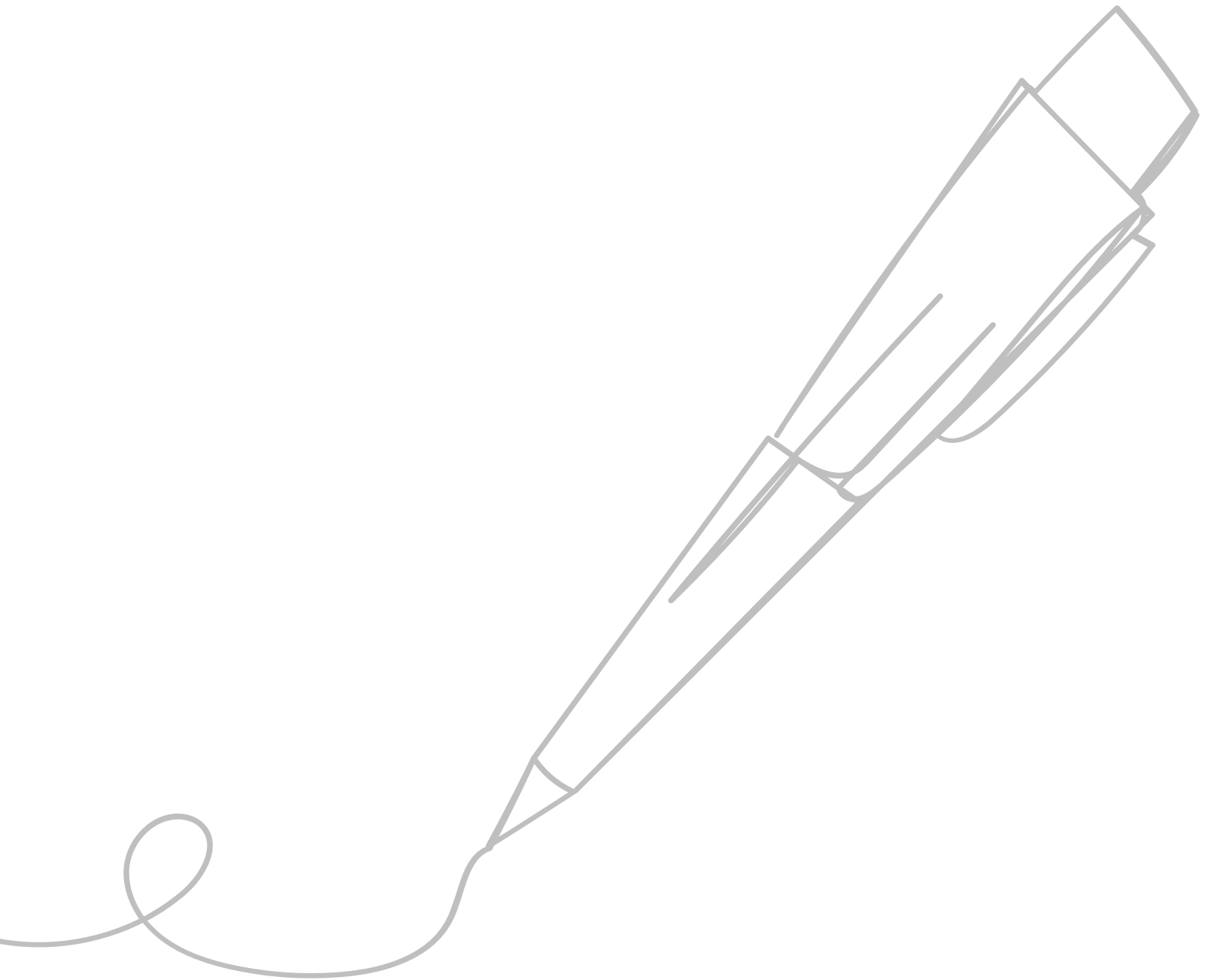
Imagine the scene. You are there at the Last Supper singing Psalm 118, remembering the exile from Exodus, yet Jesus knows what day it really is—this day the Lord made for you and for me.

“God went to great lengths to make Himself One who we can know personally.” - Tim Kellar



Hearing from God

Meditation Journaling



**Halal to boast, celebrate,
or praise. Crazy, exuberant
praise.**

*Our God is so great that we cannot
help but boast in who He is.*



Halal Psalms

Meditation Journaling



**Meditate and Journal the
Halal Psalms
Boast about how great our God is**



Praise to the Merciful God

Psalm 113

Praise to the Merciful God

1 Hallelujah! Give praise, servants of the Lord; praise the name of the Lord. 2 Let the name of the Lord be blessed both now and forever. 3 From the rising of the sun to its setting, let the name of the Lord be praised. 4 The Lord is exalted above all the nations, his glory above the heavens. 5 Who is like the Lord our God— the one enthroned on high, 6 who stoops down to look on the heavens and the earth? 7 He raises the poor from the dust and lifts the needy from the trash heap 8 in order to seat them with nobles— with the nobles of his people. 9 He gives the childless woman a household, making her the joyful mother of children. Hallelujah!

God's Deliverance of Israel

Psalm 114

God's Deliverance of Israel

1 When Israel came out of Egypt— the house of Jacob from a people who spoke a foreign language— **2** Judah became his sanctuary, Israel, his dominion. **3** The sea looked and fled; the Jordan turned back. **4** The mountains skipped like rams, the hills, like lambs. **5** Why was it, sea, that you fled? Jordan, that you turned back? **6** Mountains, that you skipped like rams? Hills, like lambs? **7** Tremble, earth, at the presence of the Lord, at the presence of the God of Jacob, **8** who turned the rock into a pool, the flint into a spring.

Glory to God Alone

Psalm 115

Glory to God Alone

1 Not to us, Lord, not to us, but to your name give glory because of your faithful love, because of your truth. 2 Why should the nations say, “Where is their God?” 3 Our God is in heaven and does whatever he pleases. 4 Their idols are silver and gold, made by human hands. 5 They have mouths but cannot speak, eyes but cannot see. 6 They have ears but cannot hear, noses, but cannot smell. 7 They have hands but cannot feel, feet, but cannot walk. They cannot make a sound with their throats. 8 Those who make them are[a] just like them, as are all who trust in them. 9 Israel,[b] trust in the Lord! He is their help and shield. 10 House of Aaron, trust in the Lord! He is their help and shield. 11 You who fear the Lord, trust in the Lord! He is their help and shield. 12 The Lord remembers us and will bless us. He will bless the house of Israel; he will bless the house of Aaron; 13 he will bless those who fear the Lord— small and great alike. 14 May the Lord add to your numbers, both yours and your children’s. 15 May you be blessed by the Lord, the Maker of heaven and earth. 16 The heavens are the Lord’s, but the earth he has given to the human race. 17 It is not the dead who praise the Lord, nor any of those descending into the silence of death. 18 But we will bless the Lord, both now and forever. Hallelujah!

Thanks to God for Deliverance

Psalm 116

Thanks to God for Deliverance

1 I love the Lord because he has heard my appeal for mercy. 2 Because he has turned his ear to me, I will call out to him as long as I live. 3 The ropes of death were wrapped around me, and the torments of Sheol overcame me; I encountered trouble and sorrow. 4 Then I called on the name of the Lord: "Lord, save me!" 5 The Lord is gracious and righteous; our God is compassionate. 6 The Lord guards the inexperienced; I was helpless, and he saved me. 7 Return to your rest, my soul, for the Lord has been good to you. 8 For you, Lord, rescued me from death, my eyes from tears, my feet from stumbling. 9 I will walk before the Lord in the land of the living. 10 I believed, even when I said, "I am severely oppressed." 11 In my alarm I said, "Everyone is a liar." 12 How can I repay the Lord for all the good he has done for me? 13 I will take the cup of salvation and call on the name of the Lord. 14 I will fulfill my vows to the Lord in the presence of all his people. 15 The death of his faithful ones is valuable in the Lord's sight. 16 Lord, I am indeed your servant; I am your servant, the son of your female servant. You have loosened my bonds. 17 I will offer you a thanksgiving sacrifice and call on the name of the Lord. 18 I will fulfill my vows to the Lord in the presence of all his people, 19 in the courts of the Lord's house— within you, Jerusalem. Hallelujah!

Universal Call for Praise

Psalm 117

Universal Call to Praise

1 Praise the Lord, all nations! Glorify him, all peoples! 2 For his faithful love to us is great; the Lord's faithfulness endures forever. Hallelujah!

Thanksgiving for Victory

Psalm 118

Thanksgiving for Victory

1 Give thanks to the Lord, for he is good; his faithful love endures forever. 2 Let Israel say, "His faithful love endures forever." 3 Let the house of Aaron say, "His faithful love endures forever." 4 Let those who fear the Lord say, "His faithful love endures forever." 5 I called to the Lord in distress; the Lord answered me and put me in a spacious place. 6 The Lord is for me; I will not be afraid. What can a mere mortal do to me? 7 The Lord is my helper; therefore, I will look in triumph on those who hate me. 8 It is better to take refuge in the Lord than to trust in humanity. 9 It is better to take refuge in the Lord than to trust in nobles. 10 All the nations surrounded me; in the name of the Lord I destroyed them. 11 They surrounded me, yes, they surrounded me; in the name of the Lord I destroyed them. 12 They surrounded me like bees; they were extinguished like a fire among thorns; in the name of the Lord I destroyed them. 13 They^[b] pushed me hard to make me fall, but the Lord helped me. 14 The Lord is my strength and my song; he has become my salvation. 15 There are shouts of joy and victory in the tents of the righteous: "The Lord's right hand performs valiantly! 16 The Lord's right hand is raised. The Lord's right hand performs valiantly!" 17 I will not die, but I will live and proclaim what the Lord has done. 18 The Lord disciplined me severely but did not give me over to death. 19 Open the gates of righteousness for me; I will enter through them and give thanks to the Lord. 20 This is the Lord's gate; the righteous will enter through it. 21 I will give thanks to you because you have answered me and have become my salvation. 22 The stone that the builders rejected has become the cornerstone. 23 This came from the Lord; it is wondrous in our sight. 24 This is the day the Lord has made; let's rejoice and be glad in it. 25 Lord, save us! Lord, please grant us success! 26 He who comes in the name of the Lord is blessed. From the house of the Lord we bless you. 27 The Lord is God and has given us light. Bind the festival sacrifice with cords to the horns of the altar. 28 You are my God, and I will give you thanks. You are my God; I will exalt you. 29 Give thanks to the Lord, for he is good; his faithful love endures forever.

Thanksgiving for Victory

Psalm 118

Hello, We're TruHope

At TruHope, we're all about holistic healing! We're here to help you find emotional, mental, physical, and spiritual restoration through God-centered interventions. We've got a bunch of awesome programs, including workshops, inner healing sessions, and specialized training to tackle the growing mental health needs in our community. By connecting people with God, we help them overcome trauma, addictions, and emotional distress, bringing them peace and freedom. Plus, we focus on equipping and supporting people for long-term growth.

🕊️ Our Story 🕊️

Founded in 2014, TruHope emerged from a shared passion for physical and inner healing. We've grown and evolved, overcoming challenges and adapting to new ways of serving our community. We're expanding our outreach and continuing to thrive.



Healing Hearts, Restoring
Lives through God

*“When you share your problems with man,
you get man-sized solutions. When you
share your problem with God, you get
God-sized solutions.”*
- Rejoice Denhere



We want to walk with you on your journey of REJOICING!

Why TruHope?

Our holistic approach integrates prayer, emotional and physical wellness, and spiritual growth. We're here to offer personalized support and transformative experiences and to foster a healthier, more resilient community.

Join us on this journey of healing and restoration.

Together, we can create a community filled with peace, freedom, and hope!

Confidential and nonjudgmental prayer for mental, emotional, and spiritual freedom.

We're rolling out a variety of programs, including workshops, inner healing sessions, and specialized training. We're here to meet the growing mental health needs of our community, helping individuals overcome trauma, addictions, and emotional distress through encounters with God.

HEAR WHAT OTHERS ARE SAYING ABOUT TRUHOPE

The session I had really helped me! I learned an interesting way to reach out to Father God. The group was small, so it was easy to share. I will always have a grip on how to communicate with God now. They showed me an easy way to connect with God. I was able to meditate and visualize Jesus standing by me.

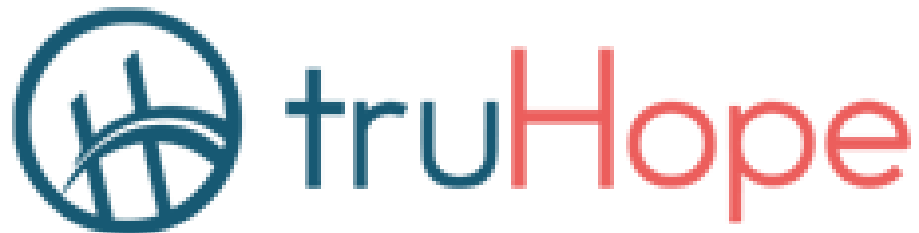
Jeremy B

I had an encounter with God and experienced some deliverance. I felt relief, a weight lifted off my chest. I was imagining myself filling trash bags full of lies and handing them over to God's giant hands, and in return, He gave me a glowing yellow light in my hands to keep with me forever. It made me feel confident that He is taking away the lies. I feel like He is really moving me with more things to heal from and shining light on lies I've believed all my life. - Erica F

I had an amazing encounter with Jesus. I was able to find my little girl and get her out of hiding. I got her to sit in Jesus' lap. I was able to put my head on Jesus' shoulder and release the pain I had been carrying. Jesus showed me that He is my shield, and I now feel safe from people's words, actions, and opinions. I feel peace and have a new ability to connect to Jesus. There is no more condemnation. Just Mercy. - Kim S



Next Steps



Schedule a session at TruHope.



Call 832-791-8612

or



Email prayer@mytruhope.com



You did it!

Let's Continue the Conversations

Congratulations on getting it done!

Keep rejoicing

1. Action to the Lord
2. Delighting in Him
3. Resting in Jesus
4. Relying on His Strength
5. Believing He is who He says He is

If you would like to talk more, we would love to chat with you.

Follow along on Social Media at:



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www.mytruhope.com

I am **ROOTING** for you!

Michelle

