

*This is the day the LORD has made; let us rejoice and be glad in it. Psalm 118:24 (NIV)*

## **Rejoice And Be Glad**

**Is there anything special about this day? This is a drab and dreary day for many. They will get up to go through the same motions that are no different than any other day. They will put one foot in front of the other to take steps to get done what they feel they must do before their day ends. They have no lasting hope or joy. Their lives are filled with quiet desperation. A completed “to do list” brings them no satisfaction because they know that another list will be waiting for them to begin again in the morning. They are not changing and becoming what they thought and dreamed they might one day become. Do you know anyone that is living this kind of drab and dreary hopeless kind of life?**

I am embarrassed to say that I have lived this dreary and hopeless kind of life. I have had my eyes entirely focused on what I thought I must get done. I have raced wearily from one task to another. I have felt the hopelessness of a life without apparent meaning. These thoughts and experiences are not completely foreign to me.

**How about now? Have you allowed yourself to become weary and worn out? In your weariness have you lost your joy and felt hopeless?** When you say “now” do you mean today or in a recent season of my life? Are you asking me if I am susceptible to feeling hopeless or joyless even as one of your followers? **Yes, I am.**

You know the answer to that. **Yes, I do.** There are days that I feel like locking the door, disconnecting the phone and pulling the covers over my head. On those days, I don't want to go anywhere or do anything. If I didn't see another person on those days it would be just fine with me.

**Is today anything like that?** Yes, as a matter of fact it is. **What would you have to say if I told you that today is a day that I made for you? How would you respond to me if I asked you to rejoice and be glad in today?** I might mumble and grumble about that idea.

**You have described a day like today as a “crash and burn” day.** Yes, I have. **How did you reach the low point of today?** I have been racing through life going from one thing to another. I've been living as if everything depends on me. I've looked every direction except up. I've trusted in everything and everyone other than you. I have not relied on your strength. I have not asked for your help. So, here I am, at a complete stop, running on empty. **Yes, I can see that.**

**Is today a good day or a bad day?** I know that it is a good day. **Why is that?** I know that it is a good day because you have gotten my attention. You want me to look to you for all that I need. You want me to place all my trust in you. You want me to rely on you and your strength. **Yes, I do.** You want me to rejoice in this day that you have made for me to live with and for you. **Yes, I do.**

*Lord, thank you for making this day for me to live for you. Guide my steps and guard my path as I follow and obey you.*

*Help me to rejoice and be glad as I proclaim your goodness to others that I will meet today. I love you. Amen*

**Gratitude** *The Day*  
This is the day the LORD has made; let us rejoice  
and be glad in it.  
NIV Psalm 118:24

**Gratitude** *The Day*  
This is the day that the LORD has made; let us  
rejoice and be glad in it.  
ESV Psalm 118:24

**Gratitude** *The Day*  
This is the day the LORD has made. We will rejoice  
and be glad in it.  
NLT Psalm 118:24

**Gratitude** *The Day*  
This is the day the LORD has made; We will  
rejoice and be glad in it.  
NKJV Psalm 118:24

**Gratitude** *The Day*  
This is the day that the LORD has made; let us  
rejoice and be glad in it.  
NRSV Psalm 118:24

**Gratitude** *The Very Day*  
This is the very day GOD acted— let's celebrate  
and be festive!  
MSG Psalm 118:24

**Gratitude** *The Day*  
This is the day which the Lord has brought about;  
we will rejoice and be glad in it.  
AMP Psalm 118:24

**Gratitude** *The Day*  
This is the day the Lord has made. We will rejoice  
and be glad in it.  
TLB Psalm 118:24

**Gratitude** *The Day*  
This is the day which the LORD has made; Let us  
rejoice and be glad in it.  
NASB Psalm 118:24

**Gratitude** *The Day*  
This is the day that the LORD has made. Let us  
rejoice and be glad today!  
NCV Psalm 118:24

# The Day

Year \_\_\_\_ Week \_\_\_\_ Day \_\_\_\_ Date \_\_\_\_

**Gratitude** – Psalm 118:24

**In Context:** *Read Psalm 118*

**Begin With Prayer:**

***Here I am Lord. I Am Listening.***

**Meditating On God’s Word:** ***(What is God speaking to your heart?)***

This is the day the LORD has made; let us rejoice and be glad in it. Psalm 118:24 (NIV)

**Considering The Words:** ***(What words speak to your heart?)***

This is | the day | the LORD | has made; | let us | rejoice | and | be glad | in it. Psalm 118:24 (NIV)

**Praying The Scripture:**

***(What prayer from your heart will you write?)***

Lord, thank you for making this day for me to live for you. Guide my steps and guard my path as I follow and obey you. Help me to rejoice and be glad as I proclaim your goodness to others that I will meet today. I love you. Amen

**What It Means:** ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

How has the Lord’s love for you set you free to live with and for Him today?

How will the Lord’s presence with you today help you to not be afraid?

How will the Lord’s presence with you today protect you and lead into victory?

**What has the Lord done for you that you would like to proclaim to others today?**

Why is it far better to trust in the Lord than in anyone or anything else in this life?

**What thanks and praise would you like to offer to God today for who He is and what He has done?**

**How will you live differently today because this is a day that the Lord has made for you to live for Him?**

**Living It Out:**

***(What action step is God guiding your heart to take?)***

Rejoice and be glad for this day that the Lord has given you to live for Him.

**Seeing It Happen:**

***(What are you trusting God for in your heart?)***

Have faith that the Lord has made this day for you so that you can rejoice and be glad in it.

**Get Ready To Share:**

***(What can you share with others from your heart?)***

Share with another person or your small group how you are rejoicing and being glad in the days God has made for you.

**Close With Prayer:**

***Quiet Yourself Before The Lord***

*Pause And Offer Prayers Of...*

*With An Attitude Of Faith Listen To What The Lord Wants To Say To You*

Adoration... \_\_\_\_\_

Thanksgiving... \_\_\_\_\_

Confession... \_\_\_\_\_

Intercession... \_\_\_\_\_

Petition... \_\_\_\_\_

The Day

Psalm 118

Year \_\_\_\_ Week \_\_\_\_ Day \_\_\_\_ Date \_\_\_\_

## Journal

*As You Quiet Yourself Before The Lord*

### What Do You Want To Say To Me Lord?

---

---

---

---

---

---

---

---

### What Prayers Are You Praying Today?

---

---

---

---

---

---

---

---

### Prayer Of Blessing

*(What Prayer Of Blessing Can You Pray For Another?)*

*May you rejoice in this day the Lord has given you to live.*

---

---

---

---

### Prayer To Carry

*(What Prayer Would You Like To Carry Throughout Your Day?)*

*Lord, I will rejoice in this day you have given me to live.*

---

---

---

---

### What Do You Want To Remember About Today?

---

---

---

---

---

---

### A Question To Ask God

*(What Would You Like To Ask God?)*

*Lord, how can I rejoice in this day you have given me to live?*

---

---

---

---