

I will joy in the God of my salvation

A.B. Simpson:

The secret of joy is not to wait until you feel happy, but to rise, by an act of faith, out of the depression which is dragging you down and begin to praise God as an act of choice. This is the meaning of such passages as these: Rejoice in the Lord always: and again I say, Rejoice (Philippians 4:4). I therein do rejoice, yea, and will rejoice (Philippians 1:18). Count it all joy when ye fall into divers temptations (James 1:2). In all these cases there is an evident struggle with sadness and then the triumphs of faith and praise. This is what is meant-at least in part-by the sacrifice of praise. A sacrifice is that which costs us something. And when a man or woman has some cherished grudge or wrong and is harboring it, nursing it, dwelling on it, and quite determined to enjoy a miserable time in selfish grumbling, it costs us no little sacrifice to throw off the morbid spell, to rise out of the mood of self-commiseration in wholesome and holy determination and say, I will rejoice in the Lord (Habakkuk 3:18); I will count it all joy (James 1:2).