

## **I am a C-H-R-I-S-T-I-A-N**

### **Ready:**

“Rejoice in the Lord always; again I will say, Rejoice.”  
-Philippians 4:5

### **Set**

Tuesday is always trash day. And on some Tuesdays, there seems to be very little good about the morning. Daily tasks often can become mundane, but not this one. Every Tuesday morning I am the member of the family who deposits the trash into the proper container. This morning, as I sat back at the table lamenting the fact that I had to take the trash out to the curb, I heard a song resonating from an upstairs bedroom. “I am C. I am C-H. I am a C-H-R-I-S-T-I-A-N.” It was coming from my 7-year-old, who was joyfully ringing in the day.

Rejoice... Now there is a word we don't use every day. The word rejoice basically means “full of joy.” In your line of work in business or your role as a student or coach do you ever get lost in what you do rather than who you are? I know that, for myself, when I struggle with what I do my rejoicing in Christ is not what it should be. The above verse, however, reminds us that we are to rejoice in every situation (always) for who we are in Christ instead of worrying about what we do from day to day.

Today I was the trash man. Tomorrow I may be a baseball coach. The next day possibly the yard man. But every day I am a C... I am a C-H... I am a C-H-R-I-S-T-I-A-N! What about you? Are you an athlete? An executive? A coach? A too-busy-to-sit-down mom? Whatever your role is today, don't forget who you are. You are a dearly loved child of God—a Christ follower. We are men and women who love the Lord with all our hearts, so let's be filled with joy like my little 7-year-old was this morning. Last night he was a pitcher; this morning he was the tired son. But every day he knows in his little heart what and who he truly is: a CHRISTIAN!

So, what do you say? Maybe it's time to be full of joy and not ashamed to let people know it.

### **Go**

1. How do you wake up to attack your day? Are you full of joy or something else?
2. How easy is it for you to get caught up in what you do rather than who you are?
3. What can you do to remind yourself of the joy you have in being a follower of Christ?

### **Workout**

Psalm 118:24  
Mark 12:30

Luke 9:23

**Bible Reference:**

Philippians 4



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