

The difficulties of life trigger wide-ranging emotions within us. God created us as emotional beings, and He gave us personalities equipped to process the events of life. Just as Jesus wept by the tomb of His friend, we cry. But we don't stop there. We pray. We trust. We seek out God's comfort. We find His promises and claim them, which allows us to walk by faith, and not by sight. But we also sing, for the song in our heart (in our soul and spirit) comes from the Holy Spirit, whose fullness spurs us to render psalms, hymns, and spiritual songs. (Ephesians 5:18-19)

The psalmist had his enemies, but his secret weapon was offering sacrifices of joy before God and singing praises to the Lord. Make it yours too.

Psalm 27:6 "Now my head shall be lifted up above my enemies all around me; therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the Lord."