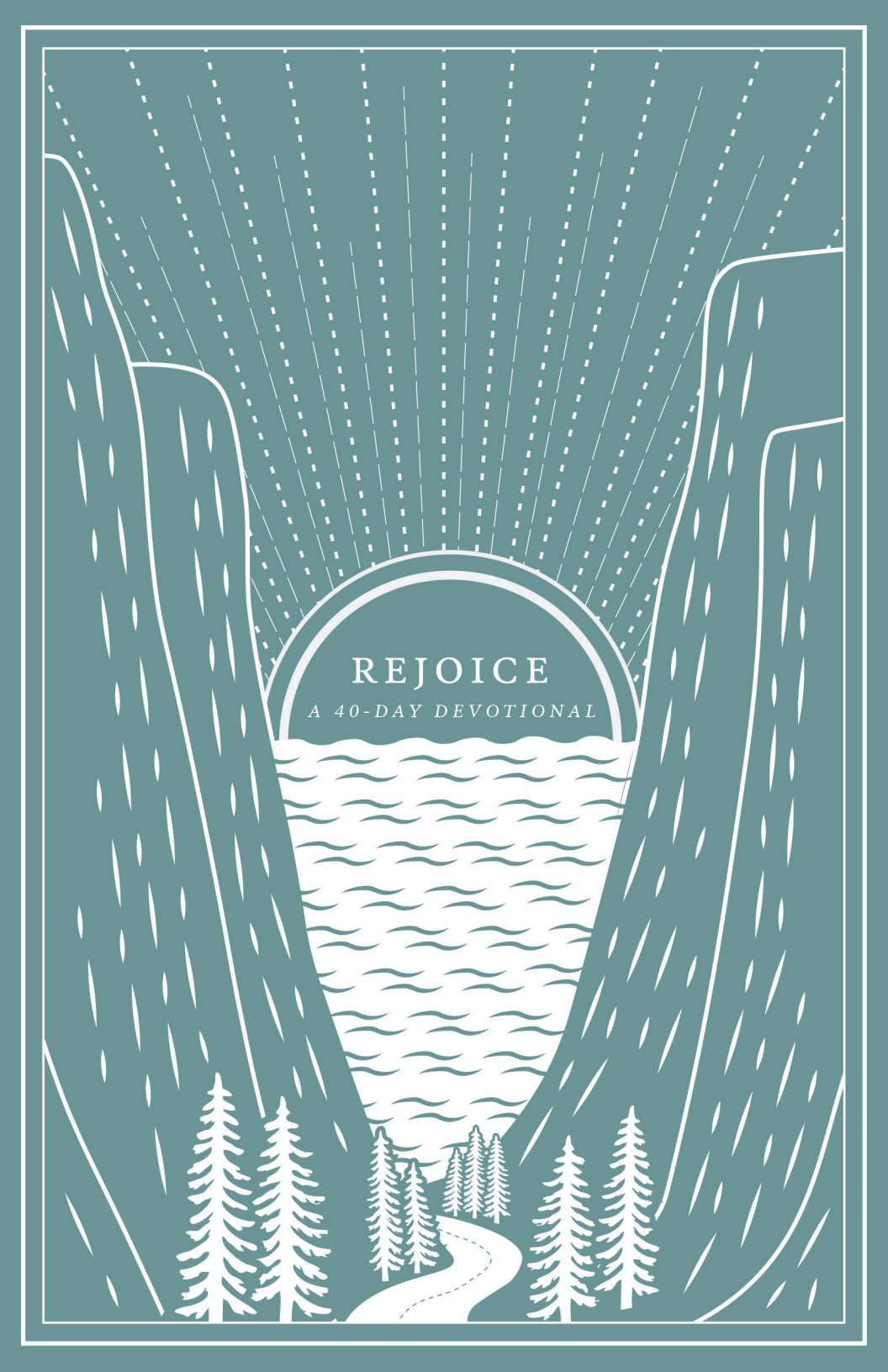


The illustration is a monochromatic teal and white design. It depicts a landscape viewed from a valley. At the bottom, a winding path leads through several evergreen trees. The valley opens up to a body of water with wavy lines. Above the water, a rainbow arches across the frame. From behind the rainbow, numerous sunbeams radiate upwards, some solid and some dashed. The sides of the valley are represented by steep, rocky cliffs with diagonal hatching. The entire scene is enclosed within a thin white rectangular border.

REJOICE

A 40-DAY DEVOTIONAL

REJOICE

A 40-Day Devotional



Know God Deeply.

Our Mission is to engage people in relationship with God through knowing His Word.

Live Differently.

Our Vision is for every believer in Christ living out God's Word every day.

Contact us and we'd love to serve you

Brantford, Ontario, Canada

Local 519.751.7600 // **Toll Free** 1.877.234.2030

preceptministries.ca // info@preceptministries.ca

All Scripture quotations are from the New American Standard Bible, © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, and 1995 by the Lockman Foundation, and are used by permission. All rights reserved.

Authors/Contributors: Mark Sheldrake (National Director); Debbie Allison, Danielle Erber-Weiher, Carol Folkeringa, Sandra Loewen, Beth Schmidt (Precept Trainers)

Editor: Rebecca Feere

Book cover design and layout: Elizabeth R. Kapasa

ISBN 237 00 02267 01 4

© 2026 Precept Ministries Canada. All rights reserved. This material is published by and is the sole property of Precept Ministries Canada of Brantford, Ontario.



*We pray that this devotional blesses you
and supports your journey in knowing
God deeply and living differently.*

*Thank you to our faithful Precept Trainers
who took great time and care to write
these inspiring devotionals and speak the
truth of God's Word into our lives.*

Your word is a lamp to my feet
and a light to my path.

Psalm 119:105

Preface

i

day 1 Find True Joy

Philippians 4:4

1

day 2 Living the Rhythm

1 Thessalonians 5:16–18

5

day 3 Joyful Worship

Psalms 100

9

day 4 Taking Refuge in Him

Psalms 5:11

13

day 5 Sing to the Most High

Psalms 9:2

17

day 6 This Is the Day

Psalms 118:24

21

day 7 More Gladness

Psalms 4:7

25

day 8 Path of Joy

Psalms 16:5–11

29

day 9 Soul Joy

Psalms 30:4–5, 11–12

33

**day 10 Satisfied with His
Lovingkindness**

Psalms 90:14

37

table of contents

day 11	God's Words Bring Joy	<i>Jeremiah 15:16</i>	41
day 12	Heaven's Light, Earth's Joy	<i>Matthew 2:9–10</i>	45
day 13	Abounding Hope	<i>Romans 15:13</i>	49
day 14	The Joy of Salvation	<i>1 Samuel 2:1</i>	53
day 15	The Birth of Praise	<i>Genesis 29:35</i>	57
day 16	Joy in the Waiting Room	<i>Luke 1:14</i>	61
day 17	From Hopelessness to Rejoicing	<i>Jeremiah 31:13</i>	65
day 18	A Journey Toward Joy	<i>Ruth 4:14–15</i>	69
day 19	Seeds Planted	<i>Psalms 126:3</i>	73
day 20	Revived to Rejoice	<i>Psalms 85:6–7</i>	77
day 21	God's Favourite Team	<i>Zephaniah 3:17</i>	81

day 22 **Little White Lies or Great Big Cover-ups** *Psalm 51:10–13* 85

day 23 **The Joy of Forgiveness** *Micah 7:8–9* 89

day 24 **Joy in God's Consolation** *Psalm 94:19* 93

day 25 **Joyful Surrender** *Psalm 31:3–8* 97

day 26 **Filled to the Brim** *John 16:20–24* 101

day 27 **The Completion of Joy** *John 15:11* 105

day 28 **Finding Joy in Kingdom Service** *John 3:28–30* 109

day 29 **Joy in Gospel Partnership** *Philippians 1:3–5* 113

day 30 **No Greater Joy** *2 John 1:4* 117

day 31 **God Makes His People Rejoice** *Nehemiah 12:43* 121

day 32 **The Keys to Endurance** *Romans 12:12* 125

table of contents

day 33 When Circumstances Bow to Joy *1 Chronicles 16:23–27* 129

day 34 Built by Joy *Nehemiah 8:10* 133

day 35 Run Your Race *Hebrews 12:1–2* 137

day 36 Joy in Trials *James 1:2–4* 141

day 37 Yet-Joy *Habakkuk 3:17–19* 145

day 38 Joy in Unsparing Pain *Job 6:8–10* 149

day 39 Blessed Through Persecution *Matthew 5:10–12* 153

day 40 The Day of Rejoicing *Revelation 19:7* 157

Your Next Steps 160

Start Your 40-Day Journey

*Did you know the
number 40 holds great
significance in the Bible?*

Throughout both the Old and New Testaments, several important events are recorded that lasted 40 days.

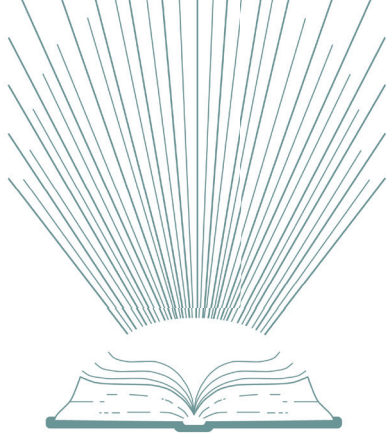
- The rain fell on the earth for **40** days and **40** nights (Genesis 7:12). The Flood account shows us God's judgment and the cleansing of the earth.
- Moses fasted **40** days and **40** nights while on Mount Sinai, where he received the Ten Commandments (Exodus 34:28–35). Over these **40** days and nights, Moses spent time in the presence of the Lord.
- The Israelites wandered in the wilderness for **40** years (Joshua 5:6). These years were a time of testing and preparation for Israel before they entered the Promised Land.
- Elijah fasted **40** days and **40** nights while he journeyed to Mount Horeb (1 Kings 19:8). This journey taught Elijah the importance of relying on God.
- Jesus fasted **40** days and **40** nights while in the wilderness (Matthew 4:1–11). After the **40** days, Jesus was tested by Satan.
- There were **40** days between Jesus' resurrection and ascension (Acts 1:1–3). During this time, Jesus appeared to the disciples and prepared them for the Day of Pentecost when the Holy Spirit would come.

When we observe these occurrences, we see that “40 days” in Scripture indicates a time of testing. Some scholars believe 40 days refers to a time of growth or transformation.

This new devotional is a 40-day journey in the Word of God. As you read each day, we pray that you will spend time with the Lord, desiring your eyes to be opened to His Truth. Each daily reading includes questions for reflection and a notes section to write down your personal lessons for life.

As you study, we pray you will grow deeper in relationship with God and His Word.

Enjoy the next 40 days!



Find True Joy

Rejoice in the Lord always; again I will say, rejoice.

Philippians 4:4

Know God Deeply

Have you ever paused to process some of the thoughts that roll through your mind daily? How is it that you can wake up in the morning and move from the joy of starting a fresh new day to being overcome with anxiety, depression, anger, sadness, disgust, joy, and surprise multiple times in that one day?

Think about the mountains and valleys your mind climbs throughout the day. It can be exhausting. As I write them out, my mind flashes to days when it has risen to the top of the mountain, only to be crushed and sent back into the valley.

When I think about Paul's ministry, I can imagine him experiencing the same range of emotions. Most often, these emotions are sparked by circumstances. Paul tells us he found joy when someone repented or when he heard that a church was running well. Worry and anxiety came knocking as a ship smashed into the rocks or when he was sitting in a prison, unsure if he was going to live or die. Disgust filled his mind when a report came from Galatia about a church falling into the trap of legalism brought by false teachers. Paul confessed that when he was in Corinth, he felt weak and fearful (1 Corinthians 2:3).

day one

Even the great apostle Paul was not immune to being overcome by his circumstances. In fact, he admits in Philippians he has not reached perfection but is still pressing on (Philippians 3:12).

In Philippians 3:1 and 4:4, Paul calls the church to “*Rejoice in the Lord always.*” Twice, he mentions a place where joy can be found outside of our circumstances. So many of us need a place like this; we might have a place of refuge in our house we can run to when we need a moment of peace, but there is no greater refuge to be found than the refuge found in the Lord.

Paul tells us joy can be found outside the sphere of the circumstances of our lives. Paul tells us that true, lasting joy can be found in the unassailable, unchanging sovereign God.

How do we find this place? This place of refuge where joy overpowers fear, anxiety, sadness, disgust, and more? It starts with transformational knowledge. Over the next thirty-nine days, we will walk through God’s Word, learning more about God and His character, learning from those who have also learned how to find this joy in life.

Friends, it is possible to find true joy. You just must find it in the right place.

Are you ready?

Live Differently

To start this journey, list out the things you believe are robbing you of true joy. Go before the Lord and ask Him to guide you to this joy.

.....

.....

.....

.....

.....

.....

.....

.....

.....

Go Deeper With God in 40 Days

Did you know that joy is woven throughout Scripture as a response to God's character, promises, and salvation?

Embark on a 40-day journey through God's Word and discover the life-changing power of biblical joy.

Connect with God deeply as you meditate on 40 carefully selected Bible passages that reveal reasons to rejoice in the Lord, no matter your circumstances. Grow in your understanding of God's faithfulness, presence, and grace as His truth renews your perspective and strengthens your faith.

Featuring insightful devotional reflections, thought-provoking questions, and dedicated space for personal notes, this devotional will help you cultivate a deeper relationship with God and learn to rejoice in Him daily.

Discover and experience lasting joy as you learn to *Know God Deeply and Live Differently!*

Know God Deeply. Live Differently.

Precept Ministries Canada is a Bible study ministry dedicated to engaging individuals in relationship with God through knowing His Word and living it out every day. Using *Precept's Bible Study Method*, we equip people across Canada with tools to inductively study the Bible for themselves, fostering spiritual growth and discipleship. We offer various resources, including Bible study materials, training workshops, podcasts, and local study groups, to help individuals engage with Scripture and grow in their faith.

 **Precept**[™]
MINISTRIES CANADA

ISBN 2370001877238



2 370001 877238