

FA36. Praying in Times of Both Affliction & Joy.

We are to pray in times of both affliction and joy.

This precept is derived from His Word (blessed is He):

Key New Testament Scriptures

James 5:13

Is any among you afflicted? let him pray. Is any merry? let him sing psalms.

Additional New Testament Scriptures

Ephesians 6:18

Philippians 4:4

1 Thessalonians 5:16-18

Related New Testament Mitzvot

FA08 Worshiping with Psalms, Songs and Music

FA09 Giving Thanks in Everything

FA25 Praying for Protection from the Adversary

Supportive Tanakh Scriptures

Psalms 30:3-6

ADONAI my God, I cried out to you, and you provided healing for me. ADONAI, you lifted me up from Sh'ol; you kept me alive when I was sinking into a pit. Sing praise to ADONAI, you faithful of his; and give thanks on recalling his holiness. For his anger is momentary, but his favor lasts a lifetime. Tears may linger for the night, but with dawn come cries of joy.

Psalms 34:2

I will bless ADONAI at all times; his praise will always be in my mouth. (Psa 34:2 CJB)

Habakuk 3:17-19

For even if the fig tree doesn't blossom, and no fruit is on the vines, even if the olive tree fails to produce, and the fields yield no food at all, even if the sheep vanish from the sheep pen, and there are no cows in the stalls; still, I will rejoice in ADONAI, I will take joy in the God of my salvation. ELOHIM Adonai is my strength! He makes me swift and sure-footed as a deer and enables me to stride over my high places.

Comment

Most of us have no trouble remembering to pray to God when things in our lives are difficult, but we sometimes forget to thank Him after He has blessed us because we become comfortable and

satiated with the blessing. It is that very thing that Deuteronomy 8:10, the *Birkat HaMazon* (grace after meals) seeks to remind us of as it commanded Israel: “*When you have eaten and are full [satisfied], then you shall bless the LORD your God for the good land which He has given you.*” (NKJ)

Related Mitzvot in Volumes 1 & 2

G08 *Serving, Worshiping, Praising, & Praying to God.*