



John 16:33 - "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world." (NKJV)

This is a great news that Jesus has overcome the world. Do you sometimes feel that mood has come over you? Have you ever felt despair came over you, anxiety came over you? It's not a sin for you to be in a bad mood. But it is a sin for you to let anything overcome you because Jesus already defeated it for you. It's not a sin for you to be in a bad mood. But it is a sin for you to let the mood get the best of you.

In John 16:33, Jesus said you're going to have troubles, you're going to have days, moments, and season that you'll be experiencing difficulties, but be of good cheer. If there's such thing as good cheer, then it means that there's also bad cheer. Bad cheer is a cheer that simply gives you sedative to your symptoms instead of a solution to your real needs. Most of the time, we settle for things that will make us feel better for a moment. We don't want this temporary cheer. We want to be of good courage while we're having troubles.

In the Bible, you'll see all the good kinds of cheer. Here's a law in the Old Testament: Deuteronomy 24:5 - "When a man hath taken a new wife, he shall not go out to war, neither shall he be charged with any business: but he shall be free at home one year, and shall **cheer up his wife** which he hath taken (KJV)."

Be of good cheer is a command. How can you command somebody to feel something? Are we really talking about feelings here? How can Jesus command us what to feel if I can't even control what I feel?

How can we be of Good Cheer?

Check Your Countenance

Check your facial expression. People usually have default facial expression. I want to give you a test. We have to reflect the countenance of God who created us because we're created in His image. I know some of you look angry but you're just focusing. But there are a lot of people who go through life with their unhappy face, unhappy countenance.

Life is hard so often we have harsh countenance. Our face is always wrinkled and we're grinning our teeth. We may try to fake our facial expression with what we really feel inside but people can discern what you really feel inside. We have to change our countenance because God has overcome the world. We have to change our countenance because God is in us. Countenance may be a small deal for us but it is a big deal to God. Numbers 6:24 - "<sup>24</sup> The Lord bless you and keep you; <sup>25</sup> The Lord make **His face shine upon you**, And be gracious to you; <sup>26</sup> The Lord lift up His countenance upon you, And give you peace (NKJV)."

I'm not saying that we have to be unreal. I'm not saying that we can't be sad. I'm not saying that we're no longer allowed to be in bad mood. But if we are the sons and daughters of God, our facial expression ought to resemble the countenance of our Heavenly Father.

This is what I realized: The way you look at life is a direct reflection of the way you think God is looking at you. The way you look at your life is in your face and in your thought. If you think God is harsh, that's what you're going to look at in life. If you think God is unforgiving, guess how you're going to look at life, guess what you would look like, guess how you would look at your kids and spouse or girlfriend - unforgiving. If you think God is judgmental, you're going to look at other people with judgmental spirit. We become what we behold.

Amazingly, even those who were just adopted have the same expressions and attitude of their foster parents. Is it possible that you could be around somebody so long and your manners and facial expressions are the same? Have you been observing husband and wife? They don't have blood relation. But they've been together for years that they now look the same. Why? Because you'll continually become what you continually behold. This is why if we keep on seeking the face of God, it's impossible that we're not going to change our face. If God's face shines upon you, I doubt if you will remain grouchy. If God's face shines upon you, you cannot avoid but to smile and be happy.

Show people how God looks at them. Show people that they are welcome to approach you. Show people that you have peace in you." When you're with God, it will turn your angry face to happy face. If you're blessed by God, look like it.

#### Check Your Circulation

Proverbs 15:13 - "A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken (NKJV)." Everything flows FROM the heart. The world's definition of joy is based on what flows TO you. Some would be happy because they attended a great party. This new car gave me happiness. But God's definition of joy is what flows FROM you. This is why I emphasized to you that you have to guard your heart because everything flows from it.

This is why when you're down, check your circulation. There's no life when there's no circulation. There's no spiritual life without circulation and there's no physical life without circulation.

People wonder why they're depressed. They wonder why they're discouraged. Could it be that you cut off your own circulation? This is the same with church. A dead church is not about a church who plays old songs or hymnal. A dead church is not the small ones. A dead church is a church that has no new life being born. If in this church, we're no longer bringing people to Christ and discipling them, if in your cell group, there's no longer pre-believers of Christ who are invited, if in our campuses no young people are being brought to Christ, if in this church, no one is already being baptized, then we will eventually die since there's not circulation.

Is it possible that you're down not because you're not getting anything but because you're not giving? If you're not encouraged, maybe the prescription is you give it to others who need it more. I thought this is a verse about giving when I was a new Christian. But the verse previous to that was not talking about money.

What are you putting in your life's circulation? Are you giving bitterness? Guess what's coming back to you. You're drowning of the negative stuff that you put in your system. If you're blaming other people, better stop doing it. If you're judging other people, better stop doing it. Because what you give is what you will get. Is it possible that what you need to do is give what you want to have? Give what you need, to get what you want.



***1.) How was your countenance nowadays ?***

***2.) Are you still passionate in serving God, how?***

***3.) How was your relationship with Christ now?***

***4.) What did you learn from today's message?***