



Lord, Teach Me Cheerfulness

(John 15:8-11; 16:28-33)

It is easy to get discouraged and to become irritated and cast down. It is easy to get our eyes off the Lord and become focused on the wind and waves and all the troubling circumstances that surround us on our earthly journey. Even little problems can irritate us greatly, causing us to lose our joy in the Lord.

One believer of long ago said, “Our joy is too easily overclouded. Our song of gladness too easily turns into a dirge. We fret ourselves needlessly and fail to rejoice always. Sorrows come over us like a flood, and bury us away beneath their dark waves, our gladness is too easily turned to sadness, as life’s cares and trials come upon us. We desire to be ministers of cheer to others. Forbid that we should go out with sadness in our faces, which shall cast a shadow on other lives. **May we be sunshine to others.** May we show to all the world what grace can do in making us messengers of gladness.”

Even though we have tribulations in this dark world, our Saviour tells us to “**be of good cheer**; I have overcome the world” (John 16:33). Let us remember His admonition “**let not your hearts be troubled.**” May we keep our hearts with all diligence for “a merry heart doeth good like a medicine: but a broken spirit drieth the bones” (Prov. 17:22). May we not lose that song in our hearts and that sunshine in our face. Paul and Silas could pray and sing praises in a dungeon because they had a strong, quiet, firm faith in their Saviour. **May the Lord rescue us from disheartenment**, no matter how difficult or perplexing the circumstances around us may be. May the joy of the Lord be our strength as we cast every burden upon the Lord.



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