

## BE OF GOOD CHEER!

### Be of good cheer – Take courage

To be of good cheer is to change your outlook from negative to positive. It is the same thing as to take courage or be encouraged. It is to look up and realize that things can (and will) turn out.

In the Bible we are given reasons to be of good cheer and take courage. It is taking this positive thought and image in place of the discouragement that causes good cheer and encouragement. The positive outlook (based on a tangible hope or thoughts and expectations of good) pushes aside and replaces the negative outlook (that things won't turn out or that for some reason God won't help us).

Matthew 9:2 - He said to the paralytic, "Son, *be of good cheer*, your sins are forgiven you."

Matthew 9:22 - But Jesus turned around, and when He saw her He said, "*Be of good cheer*, daughter; your faith has made you well." And the woman was made well from that hour.

Matthew 14:27 - But immediately Jesus spoke to them, saying, "*Be of good cheer!* It is I; do not be afraid."

Mark 6:50-51 - for they all saw Him and were troubled. But immediately He talked with them and said to them, "*Be of good cheer!* It is I; do not be afraid." Then He went up into the boat to them, and the wind ceased. And they were greatly amazed in themselves beyond measure, and marveled.

Mark 10:49-52 - Then they called the blind man, saying to him, "*Be of good cheer*. Rise, He is calling you." And throwing aside his garment, he rose and came to Jesus. So Jesus

answered and said to him, "What do you want Me to do for you?" The blind man said to Him, "Rabboni, that I may receive my sight." Then Jesus said to him, "Go your way; your faith has made you well." And immediately he received his sight and followed Jesus on the road.

Luke 8:48 - And He said to her, "Daughter, *be of good cheer*, your faith has made you well. Go in peace."

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."

Whether you have good cheer or not depends on where your mind is focused. If it is focused on the world, it is focused on tribulation, and you will have despair and discouragement. If it is focused on the Lord and His truths, you will have good cheer and hope and encouragement.

Jesus always gave a reason when He told someone to be of good cheer or be of good courage; He gave some sort of positive result to look forward to. He gave a positive thought to replace the negative. He gave hope. When you are down or are discouraged, you are usually looking at the wrong thing. You are probably focusing on the problems you are facing rather than the answers the Lord has for you; you are probably focusing on yourself with your limited abilities rather than on God in His unlimited power. Putting your mind on a positive outcome (hope) will turn things around and give you courage – and will also open the door for the Lord's mercy to flow towards you.

Your faith can work only when you have hope (a confident expectation of good things), because faith *is* the substance of things hoped for. Faith gives substance to the good things you confidently hope for. If you have no hope, no positive expectation, no good things you are hoping for, there is nothing for God to work with.

Psalm 27:13-14 – I would have despaired *unless I had believed that I would see* the goodness of the Lord in the land of the living. Wait for the Lord; be strong and let your heart *take courage*, yes, wait for the Lord.

To not have despair or discouragement, you have to believe that you will see the goodness of the Lord in your life, in your present situation.

In fact, you prepare with way for God to work for you with your positive expectation and with joy and rejoicing.

Isaiah 12:3 - ...with joy (cheerfulness, gladness) you draw water out of the wells of salvation.

Psalm 50:23 (NIV) – He who offers a sacrifice of thanksgiving honors me, and he prepares the way so that I *may* show him the salvation of God.

To take courage is the same things as being of good cheer.

Psalm 31:24 – So be strong and *take courage* all you who put your hope in the Lord.

Living -So cheer up! Take courage if you are depending on the Lord.

Acts 27:25 – So *take courage!* For I believe God. It will be just as He said...It gives you strength and courage to take what God says and rest in it rather than what “seems to be” or what seems “sure to happen” or what you or the people around you think about things.

Haggai 2:4-5 - But now *take courage*, Zerubbabel, says the LORD. *Take courage*, Jeshua son of Jehozadak, the high priest. *Take courage*, all you people still left in the land, says the LORD. *Take courage* and work, *for* I am with you, says the LORD Almighty. My Spirit remains among you, just as I promised when you came out of Egypt. So do not be afraid.

To be of good cheer or to take courage has to do with a thought change from negative to positive. You are of good cheer when you realize that things can turn out for your good, and they will if you entrust them to Him and trust in Him from your heart. You are to be of good cheer or take courage because.... It is for a reason - because of what God has promised.

### Rejoice

Rejoice – give joy to, cheer, gladden, to exult, to triumph; the act of expressing joy.

Psalm 149:2-3 – Let Israel rejoice in him that made him: let the children of Zion be joyful in their King. Let them praise His name in the dance: let them sing praises unto Him with the timbrel and harp.

Romans 14:17 – The kingdom of God is righteousness, peace and *joy* (5479) in the Holy Ghost.

Romans 15:13 – Now may the God of hope fill you with all *joy* and peace in believing, that you may *abound in hope* by the power of the Holy Spirit.

NLT - So I pray that God, who gives you hope, will keep you happy and full of peace as you believe in Him. May you overflow with hope through the power of the Holy Spirit.

To abound in hope is to abound in a positive expectation of good things. It is the opposite of dread or despair. To be of good cheer is primarily an attitude change based on realizing things will work out and that God is with you and will help you.

## Rejoice and Give Thanks

God's expressed will: 1 Thessalonians 5:16-18

- 1) Rejoice evermore.
- 2) Pray without ceasing.
- 3) In everything give thanks.

Nehemiah 8:10 – The joy of the Lord is your strength. As we rejoice and praise, even though the heart may be aching, God will make a change and really put joy in the place of sadness.

We naturally rejoice when things go well and in times of blessing, but when days are dark, when God does not seem to be with us in joy and power, when Satan seems to be victorious and we seem to be defeated; when our labor and toil for God seem to be wasted, we should also rejoice. "Always" includes all times.

Habakkuk 3:17-19 - Though the fig tree should not blossom and there be no fruit on the vines, though the yield of the olive should fail and the fields produce no food, though the flock should be cut off from the fold and there be no cattle in the stalls, yet I will exult in the Lord, I will rejoice in the God of my salvation. The Lord God is my strength, and He has made my feet like hinds' feet, and makes me walk on my high places.

**How can I rejoice when all goes wrong? The rejoicing is to be in the Lord and not in things.**

When thanksgiving is a prominent part of our lives, God's blessings and provisions begin to abound and overtake us.

This is to be our way of life. We are to continually overflow with gratitude to God for His goodness to us.

We thank God for our salvation and because He has the answer to every problem, situation and circumstance we will ever face in this life.

These are the reasons to give thanks and rejoice.

## Joy is the Spirit Flowing like a River Within Me

The fruit of the spirit is ...joy – Galatians 5:22.

The kingdom of God is righteousness, peace and joy in the Holy Ghost – Romans 14:17.

Joy in the Holy Ghost. He is like water bubbling up from inside my being.

He is a spring of water welling up (flowing, bubbling) into eternal life – John 4:14.

From my innermost being shall flow springs of living water – John 7:37.

There is a river whose streams shall make glad the city of God...Psalm 46:4.

The river of the water of life is flowing from the throne (presence) of God – Revelations 22:1.

In His presence is fullness of joy – Psalm 16:11.

The Lamb will lead them to spring of living water – Revelations 7:17.

He leads us into His abundant life – John 10.

When we take heed to what He says, not only does He teach us to profit and lead us in the way we should go (into His triumph and abundant life – 2 Corinthians 2:14), but we also have peace like a river and righteousness like the waves of the sea – Isaiah 48:16-18.

Do not forsake the Lord, the Spring of living waters, and make yourself a cistern that can hold no water – Jeremiah 2:13.

With joy I draw water from the wells of salvation – Isaiah 12:3.

Sacrificing thank offerings honor God and prepares the way so that He may show me His salvation – Psalm 50:23.

Rejoicing in the Spirit stirs up the Spirit in my heart, the living water within my being, the fruit of His presence within me, one of which is joy, and cleans up and prepares the path for the Lord's blessings to get to me.

Isaiah 55:12-13 - For you shall *go out (from the spiritual exile caused by sin and evil into the homeland) with joy* and be led forth with peace; the mountains and the hills shall break forth before you into singing and all the trees of the field shall clap their hands. Instead of the thorn shall come up the cypress tree, and instead of the brier shall come up the myrtle tree; and it shall be to the Lord for a name of renown...

I go out with joy. I am led forth with peace. Joy releases the river of His presence to flow through me and carry me on into the wonderful future He has for me.

Be Filled with the Spirit

A Larger Christian Life – A.B. Simpson

Pleroo – to make full, to fill to the full, so full that there is no room left empty.

Do not get drunk with wine...but ever be *filled* and stimulated with the spirit – Ephesians 5:18.

And you are in Him made *full*; in Christ you too are *filled* with the Godhead – Colossian 2:10.

...that you may be *filled* through all your being unto all the fullness of God (become a body wholly *filled* and flooded with God himself!) – Ephesians 3:19 (amp).

God's desire for me is to be wholly *filled* with and possessed by the Holy Ghost and utterly lost in the life and fullness of Jesus.

Wuest – stop being intoxicated with wine...but be constantly (this is to be constant not an occasional experience) controlled by the Spirit...

Phillips - ...so will you be filled through all your being with God Himself.

NEB – Do not get drunk with wine which will only ruin you; instead, be filled with the Spirit.

We need to receive Him in His personal life and fullness and then He flows into every part of us and lives out His own life in all the diversified experiences and activities of our manifold life.

The human heart is not self-constituted or self-sufficient. God made us not a self-contained world of power and perfection but simply a capacity to receive Him, a shell to hold His fullness...to produce in union with Him the fruits of grace. And He is constituted as perfectly to meet and satisfy the capacities and possibilities of our being; so that while we are nothing without Him, His life and grace equally require us for their full development.

There is nothing which God requires of a man or which man can ever need but Christ possesses for us...we simply receive more of Him.

## Strength and Joy

Awake, awake, put on your strength, put on your beautiful garments. Shake yourself from the dust, arise, sit, loose yourself from the bonds of your neck – Isaiah 52:1-2.

### How do I do this?

The joy of the Lord *is* my strength.

Quietness and confidence *is* my strength.

Through faith I become powerful in battle - Hebrews 11:34.

The Lord *is* my strength – Exodus 15:2; Psalm 27:1.

He gives strength and increases power – I wait upon the Lord and renew my strength.

Filled with power by the Spirit of the Lord – Micah 3:8.

I receive power when the Holy Spirit is upon me – Acts 1:8.

Not by might nor power but by the Spirit – Zechariah 4:6.

He will strengthen me, help me and uphold me – Isaiah 41:10.

I have strength for all things in Christ who empowers me (...through Him who infuses inner strength into me...) - Philippians 4:13.

May He grant you out of the rich treasury of His glory to be strengthened and reinforced with mighty power in the inner man by the [Holy] Spirit [Himself indwelling your innermost being and personality]. May Christ through your faith [actually] dwell (settle down, abide, make His permanent home) in your hearts! I am strengthened with power by His Spirit in the inner man. He indwells me through faith. – Ephesians 3:15-16.

Be strong in the Lord and in the strength of His might – Ephesians 6:10.

I put on my strength through rejoicing and praising the Lord. I put on my strength through quietly and confidently trusting and resting in the Lord and letting Him have my cares – and looking to Him expectantly to work them all out fully. I put on my strength through faith. He is my strength. His strength becomes mine as I wait on Him. I am filled with His Spirit and therefore filled with strength; it is by the Spirit. I am strengthened with power by His Spirit in the inner man, strong in the strength of His might.

### Summary:

Be of good cheer, be encouraged – **because** He is with you and will help you – and has whatever power or ability needed. He will turn things around for your good and blessing – if you cooperate with Him.

Let His positive, powerful thoughts of truth replace your limited, maybe negative, fearful ones. Realizing it can and will work out is being of good cheer.

Look to Him expectantly and rejoice in who He is and what He has promised – in every occasion of life. This is one thing that prepares the way for His good things to get to you.

Rejoicing also strengthens and encourages you and prepares you to receive. When you stir up joy, you stir up the Spirit within your heart and are filled to overflowing with Him – the one who is able and willing and has already provided everything you could ever need. And you can enjoy life in Him. And being of good cheer becomes a natural thing.