

BE OF GOOD CHEER

Int.

1. Aim: To discuss how we can overcome discouragement and despondency and really be happy as a child of God.
2. Jn. 16:33 **"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."**
 - a. Tribulation = Trouble, burdens, pressure, persecution
 - b. Good Cheer = exercise courage, be bold, keep your courage, take heart NKJV
3. Popular way of parting today is...
 - a. **"Have a good day"**. Or Goodbye.
 - b. The English word "goodbye" is an abbreviation for "God be with ye"
 - c. Every day may not be a good day for us. Some people are pessimistic.
 - d. Illustration - Pessimism - Resurrection the Next Morning
4. Sometimes we get discouraged or depressed. But the Bible gives a remedy for discouragement and depression. There is more involved than just saying: "Be of Good Cheer" or "Have a good day".

Discussion

I. DEFINITIONS

- A. **Discouragement** = A temporary feeling of disappointment or disheartenment resulting from a disadvantageous turn of events - either physical, material, social, emotional, or spiritual. This is temporary. If we do not solve the problem of discouragement then it can evolve into depression
- B. **Depression** = A protracted period of despondency that greatly curtails or even destroys, one's ability to function as a healthy and happy child of God.

- C. If depression lingers and the solution is not found in the Bible then it can result in spiritual stagnation, falling from the faith, and sometimes even suicide.
1. Depression is real. It is a problem !
 2. It is second only to marital problems in counseling.
 3. Depression hampers our relationships with those with whom we live most closely - husband or wife, family, the church.
 4. Sometimes those "Monday morning blues" lingers for days, weeks or even months, and life becomes almost unbearable.

II. IT IS NOT A NEW PROBLEM TO HAVE DEPRESSION

A. Saul in the O.T.

1. First King of Israel - started out real good.
2. But he disobeyed God and he was informed that the kingdom would be taken from him.
3. 1 SAM 16:14 **"But the spirit of the Lord departed from Saul, and an evil spirit from the Lord troubled him."** -
 - a. The word "troubled" is translated "terrorized" in the NASV. "Tormented" in the NIV and RSV.
 - b. In the ASV the fn says "terrified"
4. King Saul was given to prolonged periods of depression and he attempted to kill David. Finally he took his own life.

B. Judas

1. Judas was depressed because he betrayed the Son of God.
2. Mt. 27:3-5 -- he committed suicide

C. Job

1. He lost everything - children, wealth, and his health
2. Three friends came to comfort him.
3. In Job 3 he states that it would have been better if he had not been born. - He was very much depressed.
4. JOB 7:3-4 **"So am I made to possess months of vanity, and wearisome nights are appointed to me. 4. When I lie down, I say, When shall I arise, and the night be gone? and I am full of tossings to and fro unto the dawning of the day."**
5. But he was able to overcome this depressed state.

D. David

1. PS 31:9. **"Have mercy upon me, O Lord, for I am in trouble: mine eye is consumed with grief, yea, my soul and my belly."**
2. PS 31:10. **"For my life is spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed."**
3. PS 31:12-13 **"I am forgotten as a dead man out of mind: I am like a broken vessel. 13. For I have heard the slander of many: fear was on every side: while they took counsel together against me, they devised to take away my life."**

E. Jeremiah -

1. He was known as the weeping prophet
2. He was treated so badly by the people of Israel that he was depressed and said
3. JER 20:14. **"Cursed be the day wherein I was born: let not the day wherein my mother bare me be the blessed."**

4. JER 20:18. **"Wherefore came I forth out of the womb to see labour and sorrow, that my days should be consumed with shame?"**

5. But he was able to overcome that depth of depression.

F. Moses

1. Once he was so depressed that He asked God to take his life

2. NUM 11:15. **"And if thou deal thus with me, kill me, I pray thee, out of hand, if I have found favour in thy sight; and let me not see my wretchedness."**

G. Most of these were great Godly men. They had times of discouragement. So we should not be surprised if we have times of discouragement. But we can overcome depression with God's Help.

III. HOW TO HANDLE DEPRESSION

A. PHYSICAL

1. Sometimes depression is caused by physical problems - such as an accident or a sickness or disease.
2. What can we do?
 - a. We can be filled with self-pity and be depressed and live a miserable existence.
 - b. Or we can with courage face the problem and try to live a balanced productive life even with the physical problem. Sometimes there is a remedy

3. Sometimes we will all come to the time in our life when we realize that we are going to die!!
 - a. Heb. 9:27
 - b. Anger, frustration, and depression will not help.
 - c. As a believer we must be fortified with the fact that those who die "in the Lord" are blessed.
 - d. REV 14:13. **"And I heard a voice from heaven saying unto me, Write, Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them."**
 - e. We will enter a better state - PHIL 1:23 **"For I am in a strait betwixt two, having a desire to depart, and to be with Christ; which is far better:"**
4. Some people live as if they will never die and die as if they never lived !

B. MATERIAL

1. Loss of material goods or finances can cause discouragement and deep depression.
2. When the stock market crashed several years ago many committed suicide!
3. MATT 6:21 **"For where your treasure is, there will your heart be also."**
4. If the treasury of our heart has been filled with materialism, then we can not handle the losses.
5. One who trusts in God can handle material losses:
 - a. We can say with Paul --- 1 TIM 6:7-8 **"For we brought nothing into this world, and it is certain we can carry nothing out. 8. And having food and raiment let us be therewith content."**

- b. God never promised us all the luxuries of life - but he did promise the necessities - Mt. 6:33
- c. If we have had financial problems it would not be wrong for us to work to restore that as long as it is done in an honest way.
- d. But it may be that we have to face the fact that we will not have everything we want!
- e. Depression and discouragement never solved a financial woe!!

C. EMOTIONAL

1. The death of a loved one can cause us to be depressed. Natural / normal.
2. It is heart-breaking to lose a child, a spouse, a parent or other close friend in death.
3. These things are a part of the world in which we live and they will continue to occur whether we learn to deal with them or not.
4. What can we do in such a dark hour of discouragement?
 - a. If the loved one was in a state of innocence, or was a faithful child of God, we must not sorrow like those without hope.
 - b. 1 THS 4:13-14 **"But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. 14. For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him."**
 - c. Even if the deceased one died out of Christ, depression will not bring that one back!

d. We can be comforted by the fact that God is aware of our grief

(1) PS 56:8. **"Thou tellest my wanderings: put thou my tears into thy bottle: are they not in thy book?"**

(2) PS 103:13. **"Like as a father pitieth his children, so the Lord pitieth them that fear him."**

(3) 2 COR 1:3. **"Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort;"**

(4) PS 55:22. **"Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved."**

e. Remember that all of our heartaches will be removed in heaven - REV 21:4.

"And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away."

D. SPIRITUAL

1. Much of the discouragement/depression we suffer is the consequence of our guilt resulting from sinful conduct or neglect of spiritual responsibility.
2. This was the problem with Saul and Judas.
3. The weary soul who is depressed with a guilty conscience has a way out!!
 - a. The one who is not a Christian must obey the Gospel. - Acts 2
 - b. The one who is an erring Christian must Repent and Pray! - Acts 8
4. It is true that the consequences of sin may cost us a high price for years to come, but with God's help we do not have to be enslaved to sin and by overwhelming depression.

5. When we obey the gospel our sins are blotted out, removed, forgiven !

Conclusion

1. We are all going to face discouragement at some time in our life.
 - a. We cannot avoid it with life here on this earth.
 - b. But we can learn how to overcome discouragement and avoid depression.

2. Here are three things we can do to avoid depression:
 - a. Hope - LAM 3:21-24 **"This I recall to my mind, therefore have I hope. 22. It is of the Lord's mercies that we are not consumed, because his compassions fail not. 23. They are new every morning: great is thy faithfulness. 24. The Lord is my portion, saith my soul; therefore will I hope in him."**
 - i. Hope is one of the great keys to eliminate depression.
 - ii. Faith stands behind hope and gives it meaning and reality.
 - iii. Faith says God is still in control.
 - b. Live One day at a time - Matt. 6:34
 - c. Stand Fast in the Lord 2 THS 2:14-17 **"Whereunto he called you by our gospel, to the obtaining of the glory of our Lord Jesus Christ. 15. Therefore, brethren, stand fast, and hold the traditions which ye have been taught, whether by word, or our epistle. 16. Now our Lord Jesus Christ himself, and God, even our Father, which hath loved us, and hath given us everlasting consolation and good hope through grace, 17. Comfort your hearts, and stablish you in every good word and work."**

3. Peace of mind [tranquility] does not depend upon the external, but upon the internal.
 - a. Peace is found in Christ = Know Christ know Peace ~ No Christ, No Peace !
 - b. Peace of mind = tranquility of the soul = inner peace
 - c. We can be of Good Cheer - take heart, keep our courage
 - d. Our sins have been forgiven - we have hope of a home in heaven
 - e. Our physical health may not be perfect - our finances may not be as good as we would like. But if we have our treasure in heaven then we can have peace!

4. Jn. 16:33 **"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but *be of good cheer*; I have overcome the world."**
 - a. "I have overcome the world"
 - b. Christ overcame the world and shows us how to do the same !