

Jesus Said...

"Be of Good Cheer"

Mark 6:50

Jesus loves you! He comes to you saying, "Be of good cheer; it is I; be not afraid."

Life is full of storms of uncertainty, disappointments and sorrows. Never before have there been so many people who are depressed or just feel "down." Is this your problem? Do you feel that no one loves you or that you just don't count for anything? If this describes you, "cheer up" because Jesus knows your problems and why you have them.

Once when Jesus' disciples were in a ship on the Sea of Galilee, a violent storm came up. Jesus, a short time before, had provided food for more than 5,000 people from a boy's lunch of five loaves and two fish. He did this miracle to show the people that He was the Jew's Messiah and the Saviour and Lord of the whole world. After this meal, He told the disciples to get into a ship and cross the sea to the town of Bethsaida while He told the people good-bye. When the people were gone He went to a mountain to pray.

Jesus. "

*What a friend we have in Jesus, all our sins
and griefs to bear,
What a privilege to carry everything to God
in prayer,
O what peace we often forfeit, O what need-
less pain we bear,
All because we do not carry everything to
God in prayer.*

—Charles Converse

If your troubles are great, call on Jesus. He will answer and help you. You may want to go to a Christian friend and have Him help you. He may have had victory over a similar experience in his life. Tell him your problem and then pray together, claiming Jesus' promises.

Jesus said, "Be of good cheer; it is I; be not afraid."

—Raymond P. Brunk

If you have any questions, or if you need further help, feel free to contact the person whose name appears below.

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But then David speaks of the greatness of God being with him and delivering him. In II Samuel 22:7 he says, "In my distress I called upon the Lord, and cried out to my God; and he did hear my voice out of His temple, and my cry did enter into His ears." At another place David writes, "The eyes of the Lord are upon the righteous, and His ears are open to their cry" (Psalm 34:15). Read Psalm 23 to find more of the care God provides. *Remember*, Jesus said, "Be of good cheer." This means be cheerful.

Are your troubles too much for you to handle? If they are, you can be sure Jesus can help. He said, "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you and learn of me; for I am meek and lowly in heart; and ye shall find rest unto your souls. For my yoke is easy and my burden is light" (Matthew 11:28-30).

When troubles come, "Be of good cheer." They need not lead to despair. Jesus is more real to us even than our troubles. Remember, He walks on the waves to deliver us. They will pass but He will stay with us.

But we are so often absorbed with our own affairs, trying our best to steer straight, anxiously watching the events around us, and allowing ourselves to be overwhelmed. We may be so taken up with the things around us that we have no time to look across life's waters to see who is coming through the storm to help us. We must keep our eyes and total attention on the only one who can help us. God said to people who had turned from Him, "In returning and rest ye shall be saved; in quietness and in confidence shall be your strength" (Isaiah 30:15).

A traveling evangelist often speaks of the great need for Christians to be "God conscious." Are you always aware of Jesus' presence with you? Is He really your best friend? A favorite hymn of many is, "What a Friend We Have in