



Calm Down and Cheer Up



As a Christian, you are supposed to enjoy life. There is joy in your salvation. And the Prince of Peace (Jesus) who has overcome the world, lives inside of you!

That doesn't mean you should go around acting giddy all the time, we're supposed to be sober minded and on guard against our enemy, the devil, who is out to steal our joy and defeat us. (1 Peter 5:8) Serious things are going on in the world, but at the same time we need to learn to relax and take things as they come without getting all nervous and upset about them.

We need to learn how to enjoy the good life God has provided for us through the death and resurrection of His Son Jesus Christ (see John 10:10). In spite of troubling things around us our daily confession should be, "this is the day the Lord has made; I will rejoice and be glad in it."

Rejoice

Christians should be the happiest people on earth. We really need to laugh more. We tend to be so heavy about everything. --- our sin, expecting perfection from ourselves, our growth in God and memorizing Bible verses. God never intended us to carry these things or anything as a burden. (Jeremiah 23:36) If we would just "cheer up" we would find that a little bit of laughter makes the load much lighter. It also brightens the lives of your children and the people around you.

Don't postpone your happiness until everything is perfect --- it won't happen in this life. So be glad in the Lord for the good things along the way. Keep each day separate --- not filled with yesterdays regrets or tomorrow's fear. *"Do not worry or have anxious thoughts about tomorrow, for tomorrow will have it's own worries and anxieties. Sufficient for each day is it's own trouble."* (Matthew 6:34) The good things will outweigh the bad if you will just look for them and rejoice over them.



To say to yourself, "I will be happy when God ___ ___ ___ ___." And to put your life and your joy on hold until that thing happens, will keep you from true happiness. When a person can't be glad until God does some particular thing for them, they spend their whole lives waiting for some other time to rejoice and be glad, because what they wanted didn't bring the happiness and joy they thought it would, so they always want something else. Nothing from the outside can bring joy and happiness until we find it on the inside first.

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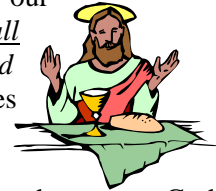
Worry is useless and accomplishes nothing, except to make us nervous and fretful and steal our peace. We need to understand that God wants us to learn to be “now people.” Too often we spend our thought life in the past or the future. We need to live now, this moment – mentally as well as physically and spiritually. Even if you’re just doing something like changing your baby’s diaper, don’t be thinking about all the other things this chore is keeping you from doing, or how glad you will be when your baby gets old enough not to need diapers. Instead, take time to talk gently to your baby, or sing softly to him. Tell him a Bible verse. Hold him tenderly for a few



minutes after you have done the necessary changing things. Look into his eyes and speak blessings to him. Those few precious moments will build love and security in him that would be lost if you simply put him down and left him to go do the laundry or one of the other things that would steal your time from him. There is nothing like holding a child in your arms to make you “calm down and cheer up.”

In John 8:58 Jesus refers to Himself as “I AM,” meaning He always is “now.” If you spend time thinking of all the other things like regretting the past, or trying to figure out your future, you will have a hard time, because Jesus is always with you in the present. He knows the past, and He knows the future, but His presence is with you now. He’s there to guide and comfort you now, and to help you make the decisions that are necessary now.

Of course we have responsibilities, but we don’t have to carry the care, the heaviness and the worry of those responsibilities. According to 1 Peter 5:7, we are to handle our responsibilities, but we are to cast the care of them upon the Lord. “*Cast all your care (your anxious distractions) on Him for He cares (is interested and concerned) for you.*” He cares about everything that concerns you. He cares about your life. So the next time you are tempted to get anxious or upset about something --- especially something in the past or the future --- think about what you are doing and turn your mind to what is going on with you today. God will help you, it was He who started this work in you, and it is He who will finish it. (Philippians 1:6) There are certain things only God can do. We are to do our part and trust Him to do His.



When we confess our sins and failure to the Lord and receive our cleansing from Jesus with confidence as He has promised in 1 John 1:9, that takes the pressure off of us, which relieves us of the worry and anxiety we feel so often as we try to perfect ourselves. We must learn to be satisfied where we are and with what we are doing. We have to quit worrying and fretting and simply allow the Lord to do the work in and through us that He knows needs to be done.

God is not only our Helper and the One who rewards us, He is our Friend. We can retire from carrying all our stress and anxiety, knowing He is watching over us. Make a decision that anxiety has no place in your life. Starting now, today, cast your concerns and cares on Him and watch Him take care of you!



Calm Down and Cheer Up

1. What two things will always cause me to enjoy life? _____

2. Who is my constant enemy? (1 Peter 5:8) _____
3. In John 10:10, what did Jesus say the devil wants to do? _____

4. In that same verse, what did Jesus say He came to do? _____

5. According to Jeremiah 23:36, does God give us burdens to carry? _____
6. Why shouldn't I worry about tomorrow? (Matthew 6:34) _____

7. What kind of a person does God want me to be? _____

8. In John 8:58, what name does Jesus call Himself? _____
9. What can take the pressure off so I don't worry so often? (1 John 1:9) _____

10. Instead of worrying about my responsibilities, what am I supposed to do? (1 Peter 5:7)
(The answer to this question will be your memory verse)

MEMORY VERSE _____

Calm Down and Cheer Up

1. What two things will always cause me to enjoy life? The joy in my salvation and Jesus lives inside of me.
2. Who is my constant enemy? (1 Peter 5:8) The devil.
3. In John 10:10, what did Jesus say the devil wants to do? To steal, and to kill and to destroy me.
4. In that same verse, what did Jesus say He came to do? To give me a more abundant life.
5. According to Jeremiah 23:36, does God give us burdens to carry? No.
6. Why shouldn't I worry about tomorrow? (Matthew 6:34) Because tomorrow will have it's own worries and anxieties.
7. What kind of a person does God want me to be? God wants me to be a "now" person, not living in the past or the future.
8. In John 8:58, what name does Jesus call Himself? I AM.
9. What can take the pressure off so I don't worry so often? (1 John 1:9) Confessing my sins and failures and receiving my cleansing from Jesus.
10. Instead of worrying about my responsibilities, what am I suppose to do? (1 Peter 5:7)

MEMORY VERSE: "Cast all your care on Him for He cares for you."