Jesus said, “Be of good cheer, for I have overcome the world.” It is not bad for fear to come over you, for a bad mood to come over you, It's not a sin to have a sad mood, you are going to have difficult seasons. Have you noticed so many pop songs are dark, depressed?

I want to give you a “cheer up” checkup. Be of good cheer. Another translation says, “Take heart.” The Greek word is tharsse. Be of good comfort, take courage. The last time Jesus said this was just before He went to the cross. What looks like a loss will give me the leverage to turn it around. There is the concept of “bad cheer.” If Jesus said “Good cheer.” Bad cheer is a sedative for your emotion rather than a solution to meet your needs. You may feel good for a minute, but we want stuff that will keep us while Christ is hanging on the cross, when we are going through dark valleys!

Cheer that shines in the darkness. Deuteronomy 24:5 says, “If a man has recently married, he must not be sent to war or have any other duty laid on him. For one year he is to be free to stay at home and bring happiness to the wife he has married.

God said to the new husband. It is your sole job for a year to cheer your wife up. A year of cheer. My wife Holly would probably send me back to work after two weeks. How can you tell someone to feel something? Paul was at sea as a prisoner. Everybody thought the ship was going to go down. They started throwing the tackle overboard, resigned to death. Acts 27:21-22: “Be of good cheer, Paul says, “After they had gone a long time without food, Paul stood up before them and said: “Men, you should have taken my advice not to sail from Crete; then you would have spared yourselves this damage and loss. But now I urge you to keep up your courage, because not one of you will be lost; only the ship will be destroyed.”

Jesus says in John 15:11: “I have told you this so that my joy may be in you and that your joy may be complete.”

He never said it in a happy time. There is another kind of cheer. Jesus walked on the water in the storm and said to his terrified disciples, “It is I, don’t be afraid.” Because of who stepped up, they could cheer up.

“Look on the bright side.” Let me have a cold dark day. It is hard to write a prescription for your own pain. We don’t feel anything-popping pills, drinking-anything to forget for just a minute. Holly, my wife, had wisdom teeth removed and took a whole love of Advil for pain. Because she wasn’t eating much, she ended up with a bleeding stomach. You may be bleeding on the inside. Bad cheer gets you high for a moment and brings you crashing down. You may go for porn, retail therapy. You are creating a worse problem. Only Jesus can tell us, as the great physician. He is a good doctor. What makes a doc? Not someone who tells you only what you want to hear! He diagnoses you.
You are going to have trouble in this world, Jesus says, but I have overcome the world. I have overcome what’s coming over you.” Matthew 9:2. Be of good cheer. He told this to the paralytic before he was healed, not after. He was lying paralyzed. Something needs to be shining on the inside. God’s comfort never runs out. There is no expiration date. How do we check it? We get a proper diagnosis.

The Great Physician has a good prescription. Gain His perspective.

I went to a massage one time. I told her my back was hurting. She said, “it’s not your back, it’s your neck.” It’s called “referral pain. Where you feel the pain is not necessarily where it originated.” So I can work on this area if you want me too. We need to go where the pain originates.

There are things which are symptoms of pain. Referral pain, trying to fix what’s broken, is often something something that is deeper. Jesus wants to fix what’s really wrong today.

But if you go on and you start searching for it, only the One who made you can really diagnose you.

We need a divine diagnosis.

The next time when you are down. Why am I so down?

Why are you downcast, O my soul?

Why is Mom never happy? Check your cheer.

1. Check your countenance. Your physical facial expression. Everyone has a default demeanor. Which is the default demeanor of your significant other? You have a resting heart rate, you have a resting facial expression?

I’m afraid that it’s that “mean mug”. I think I have a hateful face. I watch myself preach, I was shooting a video. Holly rubs my eyebrows. You look so angry, Mr. Potato Head. Then I was doing a video shoot, by the time I’m talking to the camera. I wanted to see the shot. Between takes. I thought to myself, I look miserable. I had them pull some of the clips. Sad, mad to glad on camera.

Now it’s your turn. They fill the audience response. Every week for the TV program, they edit the show. They show the crowd, we pick people we put in the shot, that looks engaged. I’ll show you the outtakes. We are watching you!

If you’re happy and you know it. Jeremiah 1:8. Do not be afraid of their faces, for I am with you to deliver you!
We ought to reflect the joy who put us here. Do you know how many people go through life where they have a cheerful countenance. In high school, you had to look tough. Like you had a brick in your backpack.

I wonder if my emotions have been tricked by my face. You can a head=fake in basketball. You can head fake to Satan. Your emotions really aren’t that smart. Laugh going through hell. Put a different look on your face. I’m gonna smile about it.

I thought this was a small thing. Countenance is a big thing to God. Scripture read, Number 6:24-26. The Lord bless you and keep you, the Lord make His face to shine upon you and be gracious to you. The Lord lifted upon His countenance upon you, and give you peace.

People ought to see in your eyes. If we are the sons and daughters of God, it ought to resemble the father. As children we always reflect what we’ve shown our children. The way you look at life is a direct reflection of what God thinks of you. If you think God is harsh, you look at your life harshly. If you think God is judgmental, we become what we behold.

Son and Mom at the counter, looked exactly alike. She wasn’t even his birth Mom. Husbands and wives begin to look like each other. You become what you behold. You can’t spend time=2 Corinthians 4-Let light shine in darkness, joy out of sorrow, that same God, made His light shine in our hearts, of God’s glory in the face of God’s face.

Get in the face of the loving God who created you and let Him give you peace. It will turn your frown upside down.

If you’re saved, look like it. Let it get up in your face.

2. Check your circulation Proverbs 15:13. A merry heart makes a cheerful countenance. It flows from it. The world’s definition of happiness and joy is what flows to you. God’s definition of happiness and joy flows from you. Be careful what you let into your heart. What flows from it. There is no life without circulation. No spiritual life without circulation. Blood in your body circulates through your body in 60 seconds. Every 60 seconds. Sustains you. Heart says to your blood, “I’ll see you in a minute.” You are wondering why you are sorrowful. Have you cut off your circulation. God is pouring out of your life. A dead church is not small, or wrong music. A dead church is not new life being born. If we ever lose our flow. Influx of people who don’t know Christ, we will die!

Is it possible that I’m not down because of something I’m not giving. When you need encouragement, the prescription is to do it. I found Luke 6:37-Give and it shall be given to you. Pressed down...” Jesus isn’t talking about money, he’s talking about forgiveness. Forgive and your will be forgiven. Whatever you give shall be given to you. Bitterness you give, the same that gives you back. If what I change what I’m
getting, I’ve got to change what I’m giving. Where there’s no blood flow, there is no life.

What you need to do is give the thing that you need.

When you come in church, you create circulation for your week. We clap our hands to get the blood flowing. I want to have more joy, I’ve got to rejoice. I don’t feel joy, I want joy. Jesus said, “Be of good cheer, for I have overcome the world.” It is not bad for fear to come over you, for a bad mood to come over you, It’s not a sin to have a sad mood, you are going to have difficult seasons. Have you noticed so many pop songs are dark, depressed?

You are going to have trouble in this world, Jesus says, but I have overcome the world. I have overcome what’s coming over you.” Matthew 9:2. Be of good cheer. He told this to the paralytic before he was healed, not after. He was lying paralyzed. Something needs to be shining on the inside. God’s comfort never runs out. There is no expiration date. How do we check it? We get a proper diagnosis.

The Great Physician has a good prescription. Gain His perspective.