

Cheer up!

1. Cheer up! Name your

Anxiety weighs down the heart, but a kind word cheers it up. Prov 12:25

The cheerful heart has a continual feast. Proverbs 15:15

Name the Problem - Begin a solution

..... - confession and repentance

..... - thanksgiving and self-control

..... - gentleness and boldness

2. Cheer up! Know your

In the world you will have trouble, but be of good cheer. I have overcome the world. John 16:33

Name 1.

She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins. Matthew 1:21

I am saved I am saved

Name 2.

He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David. Luke 1:32

In Jesus, we see Man as he was meant to be.

In Jesus, we see God as He truly is.

Name 3.

Guide me in Your truth and teach me, for You are God my Saviour, and my hope is in You all day long. Psalm 25:5

A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Proverbs 17:22

3. Cheer up! Choose your

My Prayer Points for this week

For personal reflection, or group discussion

1. A study by atheists from the University of Illinois showed Christians exhibit more happiness than atheists because Christians are more optimistic, more confident and have better interpersonal relationships. Does your own experience align with this research?
2. Read Proverbs 12:25, Proverbs 15:15, and Proverbs 17:22. How does cheerfulness function? How can you increase your cheerfulness?
3. Read Mark 10:47-52. What did bar Timaeus know about Jesus? How did he turn his information into action? What do you know about Jesus? List some ways of turning your knowledge into practical actions.
4. What problems did bar Timaeus have. Why is it helpful to name your problems as specifically as possible? Give an example of naming the problem and naming the solution.
5. Read John 16:33. What is the bad news and the good news? How is it that the victory of Jesus is able to help us? What does Jesus' victory guarantee, and what does it not promise?
6. Can you name our church Purpose Statment (hint: its about following)? What does it mean to follow Jesus; and give some practical examples of what we do to follow.