

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

(Proverbs 17: 22)



What a great advice and a new attitude the Bible teaches us today!

We find some people's faces sad, grieving, mourning, crying, worried, angry and groaning. Will you tell me why?

"What happened to you? What is the matter? What did you lose? What did you miss?" *Your spirit is down, and you look crushed. Your body withers; your face is dry, no gladness, no joy . . .*

Beware! Stop, and turn away from that sorrowful mode. *What do you want to hear and what you want me to tell you?*

One thing is enough for you to know: "Jesus died for you on the cross. He took your sins and He gave you eternal life." This is the real hope and the treasure that you receive.

This is the source and the very reason of having a cheerful heart.

The cheerful heart is the good medicine to heal the ache, the pain and the sicknesses of our bodies.

The cheerful heart is the good medicine to comfort our souls, to calm our minds and to sooth our thoughts.

So, don't let the worries and the anxious thoughts of this world choke the joy that the Lord Jesus has given us on the cross.



MY PRAYER

O Lord, the Father of compassion and the God of all comfort: I come to you today Lord Jesus as you said, "Come to me all of you who are weary and burdened and I will give you rest." Lord Jesus, today I need your touch. Dwell in my heart and restore my joy. Renew my heart and remove from me any anxious thoughts. Please come to me, wrap me with Your arms and comfort me. This is my prayer in Jesus' name, Amen.



"Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is sacred to our Lord. Do not grieve, for the joy of the Lord is your strength."

(Psalm 145: 18)

The Lord Is My Shepherd

Vol. 1 Issue 32



"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all.

The Lord is near."

(Psalm 146:9a)