



“Be of good cheer!”

We all go through seasons where life feels heavy; moments where hope seems distant, and our strength feels small. But even in those times, God offers us something remarkable: **cheer**. Not the fake kind that ignores pain, but the deep, soul-level joy that comes from knowing who God is and who we are in Him. In this study, we’ll explore through the scriptures, how we can hold on to courage and good cheer, even when life is hard.

Scriptures

Key Scripture: John 16:33 (KJV) - *"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."*

Supporting Scriptures:

- **Psalm 27:13-14** – *"I had fainted, unless I had believed to see the goodness of the Lord in the land of the living..."*
- **Acts 23:11** – *"And the night following the Lord stood by him, and said, Be of good cheer, Paul..."*
- **James 1:2-4** – *"Count it all joy when ye fall into divers temptations..."*
- **2 Corinthians 4:8-9** – *"We are troubled on every side, yet not distressed..."*

Main Points

1. **Jesus Prepared Us for Trouble—but Not Without Hope**
Jesus didn't sugarcoat the reality of life. He said, "In this world, you *will* have tribulation." But His instruction wasn't to panic or isolate—it was to *be of good cheer*. Why? Because **He has already overcome**. Our peace and joy aren't based on circumstances—they're rooted in His victory.
2. **Cheer Is a Choice Fueled by Faith**
In **Psalm 27**, David said he *would have fainted*—except he believed he would see God's goodness. Cheer doesn't mean denial of struggle. It means deciding to believe in God's goodness, even before you see the outcome.
3. **Encouragement Comes from God's Presence**
In **Acts 23:11**, Paul had just been arrested, beaten, and falsely accused—but the Lord stood by him. God didn't remove the trouble right away, but He gave Paul the encouragement and assurance that He was with him.

4. **Your Trouble Has a Purpose**

James encourages us to *count it all joy* because trials produce something in us—**endurance, maturity, and completeness**. Even when it hurts, God is at work.

5. **You Can Be Pressed and Still Be Cheerful**

2 Corinthians 4:8-9 reminds us that even when life presses in, we are not crushed. We may feel knocked down, but in Christ, we're never defeated. His Spirit gives us sustaining joy.

Discussion

- What does “being of good cheer” look like practically when life is falling apart?
- Have you ever experienced joy or peace during a difficult season? What helped you?
- What lies try to steal your joy when you're going through hard times?
- How can we encourage one another to be of good cheer?

Takeaway

Closing:

Life won't always be easy. But we serve a Savior who has already conquered everything we'll ever face. Being of good cheer isn't about pretending everything is fine—it's about trusting the One who holds our future. Let's leave today reminded that joy is possible, peace is available, and courage is ours—because Jesus has overcome the world.

To Do:

- **Write down one promise from God** to carry with you this week.
- **Declare out loud** every day: “Today, I choose joy. God is with me.”
- **Encourage someone else** who's going through a hard time.

Prayer:

Lord, thank You that You've already overcome everything we face. In our hard times, help us to be of good cheer—not because of what we see, but because of who You are. Give us the grace to walk in joy, peace, and courage, and remind us daily that we are never alone. In Jesus' name, amen.

Consider Sowing Seed:

May your seed be planted in good soil and bring forth a bountiful harvest in due season.