

How Cheerfulness Swept Away Self-Pity

Introduction

Read the following or relate it in your own words.

When self-pity sweeps over us, we need to look at the bright side of things. Why? Because God's Word says so! We have a Father in Heaven, Who loves us, Who is the great God, Who is Almighty, and yet He is so personal that He knows how many hairs each of us has on our head at any given moment. He is all that we need, and He is always working for our best in every situation.

The Scripture

Read the Scripture to the group.

“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.” —John 16:33

A Real Life Example

Read the following or relate it in your own words.

Sunshine and Clouds

Kathleen was in a sour mood. Her summer was nearly gone, and she was bemoaning the fact that she had not done a single one of the “fun” things that she had wanted to do that summer. It was Saturday, and she once again had a huge list of chores to do. It seemed that ever since Mother had hurt her back, Kathleen's life had become one long list of things to do. She never knew there was so much work involved in keeping house. What if her mother never recovered? This and many other negative thoughts were crowding into her mind, and there was beginning to be a scowl on her face regularly.

Her dad came into the kitchen. After noticing the look on her face, he said, “Kathleen, dear Kathleen, where is my little sunshine?” He gave her a gentle hug and asked her what was the matter.

With such a sympathetic ear, she found herself quickly pouring out her troubles. A couple of tears just seemed to slip out in the process. Her dad was able to help her put the events of the summer in a different light.

“Kathleen, be of good cheer! Mother is getting better; this was only one summer in your whole lifetime; you are being a wonderful help to your family, and you are learning how to manage a home effectively! And, honey, up until today, your sweet and cheerful attitude, your “sunshine,” has been a great blessing to your mother. Just a little longer, and things will begin to go back as they used to be.”

“Yes,” said Kathleen to herself. “Why let my sunshine be clouded over with self-pity and selfishness?” Right then and there, she resolved to put on “cheerfulness” and count her blessings

instead of woes.

Questions for Discussion

1. Why was Kathleen feeling sorry for herself?
2. What do grumpy thoughts do to our faces? How?
3. What do disagreeable thoughts do to our cheerfulness?
4. How did Kathleen's dad help her?
5. How can you help yourself when you are not feeling cheerful?
6. How can the memory verse help you to remain cheerful?
7. Why should a Christian be cheerful?

Conclusion and Resolution

Read the Scripture again. Read or explain the conclusion in your own words. Ask the group to suggest what specific changes that they can resolve to make in their daily lives that will help them to implement needed changes in this area. Ask them to especially consider things they have learned in the Bible to use as scriptural guideposts to a more competent and productive life.

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As Christians, we should give thanks for everything because the Bible says to do so! Romans 8:28 says, *“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”* Thus, whatever is happening in our lives, we should trust God that He is working for our good. Also, in 1 Thessalonians 5:18 we learn *“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”* Jesus said that we would have tribulations, and we will, but He has overcome the world for us! Let us be glad and rejoice in Him.

Teacher's Notes
