

June 7th – Cheer Up!

*“These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”*

(John 16:33)

The World Health Organization (WHO) estimates that more than 300 million people worldwide suffer from depression. It's also the world's leading cause of disability. That said, there are many forms of depression – ranging from mild forms (seasonal depression) to more severe types (psychotic depression). Some people have clinical depression due to physiological reasons and require the care of a physician. Many others are just “down in the dumps” because life has not unfolded as planned.

In some of His final words to the disciples, Jesus let them know that He had spent His time teaching them so that they might “have peace.” And yet, He didn't sugar coat the truth about their future – “in the world you will have tribulation.” You can mark it down – if you are a follower of Jesus Christ, you are not going to walk through this world unscathed. The disciples proved the words of Jesus – each of them was harassed throughout the rest of their lives and all died a martyr's death.

And yet there was good news – “be of good cheer, I have overcome the world.” The disciples could rejoice in knowing that even death could not separate them from the love of God (Rom. 8:38-39). Likewise, when we're going through the trials and adversities of life, we need to pause and remember that our trials are only temporary because Jesus has overcome the world. As Paul said, “I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us” (Rom. 8:18).