

CULTIVATING A MERRY HEART

Pastor's Desk – April 26, 2020



We all have our ups and downs, our good days and bad days - a time when everything is super and a time when everything is just blah! It is essential to know that a merry and joyful heart is a matter of cultivation. We cannot allow us to abandon ourselves entirely to our moods. There are times when we feel depressed and sad, for no particular reason, except that an attitude is on us! And just like King David, after he had heard the news of his infant child passing, it is at such times that we need to anoint our heads, and wash our faces, that our fretfulness may not consume us, or impose our depression upon others. For nothing is worse than to be a wet blanket!

Our lord Jesus made mention towards such a demeanor in **Mat 6:16-18 : 16** *"Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.*

17 *But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly."*

We may alter our dispositions and moods by purposeful action of the will. We can refuse to look miserable, to speak mournfully, to be pessimistic, to pass on depression. In a spirit of unselfishness, we can put on a cheerful courage, array ourselves in the garments of joy, anoint ourselves with the spirit of praise and thankfulness, and go forth to shed sunbeams rather than shadows on someone's path. Do not nurse your sorrow of heart, to avoid your spirit, and the spirits of others to be broken.

We can promote a cheerful heart by dwelling on the bright things of our lot; by counting up the mercies which are left, rather than dwelling on what we have lost. When the heart is full of the light and love of God, can it be other than cheerful? How can this be obtained except by a living union with Jesus Christ? In Him, there is a limitless supply of peace and joy, sunshine, and light. Let us open our hearts to him, and put on these things as we array ourselves each morning in our garments of joy. Praise the Lord!

At His service,
Pr. Teddy Santos