

**12. After receiving "many stripes," with their feet made fast in the stocks, what did Paul and Silas do while in prison?**

"And at midnight Paul and Silas \_\_\_\_\_, and \_\_\_\_\_ praises unto \_\_\_\_\_: and the prisoners heard them." **Acts 16:25**

**13. What assurance is given that the child of God may bravely endure every trial and hardship of life?**

"And we know that \_\_\_\_\_ things \_\_\_\_\_ together for \_\_\_\_\_ to \_\_\_\_\_ that \_\_\_\_\_ God, to them who are the called according to His purpose." **Romans 8:28**

**14. How constant should our rejoicing be?**

"Rejoice in the Lord \_\_\_\_\_: and again I say, \_\_\_\_\_." **Philippians 4:4**

**NOTE: "Good cheer is the hall-mark of a brave and healthy soul.**

To give way to gloomy thoughts, otherwise the 'blues,' is a sign of weakness. This isn't asserting that no one but weaklings is attacked by the blues; but it is one thing to be attacked and another to rout (**a disorderly retreat of defeated troops**) the disturber. And that is what the brave soul does. There may be a very real and tangible reason why the heart faints and halts, for life is serious, and the world full of unexpected trials; but to sit and brood over a trouble only makes it look larger and larger until it finally obscures the horizon line, and darkness descends upon the soul. Wherefore, the thing to do is to cast aside all thoughts of worry for a moment, - just say to yourself, It is only for a moment, - and when you return to it again you will be surprised to find it has lessened in size and importance." - **The New World**

WHEN things don't go to suit you,  
And the world seems upside down,  
Don't waste your time in fretting,  
But drive away that frown;  
Since life is oft perplexing,  
'Tis much the wisest plan  
To bear all trials bravely,  
And smile whene'er you can

# The Foundation Bible Lessons

## PART 12:

## Christian Growth and Experience

**Topic: Cheerfulness**

**Lesson: 129**

**Part A**

**Volume: 12**



### MISSION STATEMENT

Foundation Progressive Sabbath Advent Ministries (FPSAM), Inc. exists to build upon the four **PILLARS** (**Mental**, **Physical**, **Spiritual** and **Social**) that **GUIDED** Jesus' life.

#### VISION

All Foundation Progressive Sabbath Advent Ministries (FPSAM), Inc. members will use the four pillars to establish and build their personal life and that of others.

#### SLOGAN

"Don't Accommodate Eliminate"

#### MOTTO

"Building on FOUR"

#### TEXT

"And Jesus increased in wisdom (Mental) and stature (Physical & Spiritual), and in favor with God (Spiritual) and man (Social)." **Luke 2:52**

#### WEBSITE

**[www.fpsam.org](http://www.fpsam.org)**

**1. Before leaving His disciples, what did Jesus say to them?**

"These things I have spoken unto you, that in Me ye might have peace. In the world ye shall have tribulation: but of \_\_\_\_\_; I have overcome the world." **John 16:33**

**2. What were some of the cheering words He said to them?**

"Let not your heart be troubled: ye believe in God, believe also in Me. In My Father's house are many mansions: if it were not so, I would have told you. *I go to* \_\_\_\_\_ *a* \_\_\_\_\_ *for you.* And if I go and prepare a place for you, *I will* \_\_\_\_\_ *again, and* \_\_\_\_\_ *you unto* \_\_\_\_\_; *that where* \_\_\_\_\_ *am, there* \_\_\_\_\_ *may be* \_\_\_\_\_." **John 14:1-3**

**3. In what spirit should we serve the Lord?**

"Serve the Lord with \_\_\_\_\_: come before His presence with \_\_\_\_\_." **Psalms 100:2**

**4. What is sown for the upright in heart?**

"Light is sown for the righteous, and \_\_\_\_\_ for the upright in heart." **Psalms 97:11**

**5. What effect has a merry heart?**

"A merry heart *doeth* \_\_\_\_\_ *like a* \_\_\_\_\_: but a broken spirit drieth the bones." **Proverbs 17:22**

**NOTE:** From this we may learn the influence which the mind has over the body. **Cheerfulness** is conducive to life and health; **sorrow, care, anxiety, and worry tend to disease and death.**

**6. What effect do helpful, cheerful words have upon the heart?**

"Heaviness in the heart of man maketh it stoop: but a \_\_\_\_\_ maketh it \_\_\_\_\_." **Proverbs 12:25**

**7. By what temporal blessings does God fill men's hearts with gladness?**

"Nevertheless He left not Himself without witness, in that He did good, and gave us \_\_\_\_\_ from \_\_\_\_\_, and \_\_\_\_\_ seasons, filling our hearts with \_\_\_\_\_ and \_\_\_\_\_." **Acts 14:17**

**8. Why and for what may every child, of God rejoice?**

"I will greatly rejoice in the Lord, my soul shall be joyful in my God; for He hath \_\_\_\_\_ me with the \_\_\_\_\_ of \_\_\_\_\_, He hath \_\_\_\_\_ me with the \_\_\_\_\_ of \_\_\_\_\_." **Isaiah 61:10**

**9. Against what are Christians warned?**

"Neither \_\_\_\_\_ ye, as some of \_\_\_\_\_ also \_\_\_\_\_, and were destroyed of the destroyer." **1 Corinthians 10:10**

**NOTES:** "There are those who take to gloom as a bat to darkness or as a vulture to carrion (the decaying flesh of dead animals). They would rather nurse a misery than cherish a joy. They always find the dark side of everything, if there is a dark side to be found. They appear to be conscientious grumblers, as if it were their duty to extract some essence of misery from every circumstance. . . . On the other hand, there are rare spirits who always take cheerful views of life. They look at the bright side. They find some joy and beauty everywhere. . . . In the most faulty picture they see some bit of beauty which charms them. In the most disagreeable person they discover some kindly trait or some bud of promise. In the most disheartening circumstances they find something for which to be thankful, some gleam of cheer breaking through the thick gloom. . . . When a ray of sunlight streamed through a crack in the shutter and made a bright patch on the floor in the darkened room, the little dog rose from his dark corner and went and lay down in the one sunny spot; and these people live in the same philosophical way. If there is one beam of cheer or hope anywhere in their lot, they will find it. . . . We have no right to project the gloom of our discontent over any other life. Our ministry is to be ever toward joy. There is nothing so depressing in its effects upon others as morbidness. . . . Discontent helps nothing. . . . One never feels better for complaining."- **"Week-Day Religion," by J. R. Miller, D. D., pages 236-241.**

"How many people," says Jeremy Taylor, "are busy in the world gathering together a handful of thorns to sit upon."

"As a little girl was eating, the sun dashed upon her spoon, and she cried, 'O mama, I have swallowed a spoonful of sunshine!' Would God that we all might indulge in the same beverage!"- **Talmage's "One Thousand Gems," page 56**

**10. Even when persecuted, what are we told to do, and why?**

"Blessed are ye, when men shall hate you, and when they shall separate you from their company, and shall reproach you, and cast out your name as evil, for the Son of man's sake. \_\_\_\_\_ ye in that \_\_\_\_\_, and \_\_\_\_\_ for \_\_\_\_\_: for, \_\_\_\_\_, your \_\_\_\_\_ is \_\_\_\_\_ in \_\_\_\_\_." **Luke 6:22-23**

**11. When beaten by the Jewish rulers for preaching Christ, what did the apostles do?**

"And they departed from the presence of the council, \_\_\_\_\_ that \_\_\_\_\_ were \_\_\_\_\_ to \_\_\_\_\_ for His \_\_\_\_\_." **Acts 5:41**