

Let's Talk CHANGE DEVOTIONALS



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A CHEERFUL DISPOSITION

Dr. Vanessa Dantzler Ussery | March 11, 2015

*"A cheerful disposition is good for your health; gloom and doom leave you bone tired." Proverbs 17:22
Message Bible*

No one is grinning and laughing all the time. Everyone has a day or so where they just don't feel happy. However, if you find that most days you are feeling blue or down and perpetually tired then it's best for you to seek help. It is not natural for this to be how one feels on a day to day basis.

The scripture says to put on the garment of praise for the spirit of heaviness. I recommend being surrounded with praise songs as a way to change the mood. The health of the body is affected by our mood. God desires His people to have healthy bodies and minds. Even more so He wants our spirit to be uplifted. When one has a pleasant/positive disposition it increases one's energy level. It is difficult to live a fulfilled life if one lacks the energy needed to pursue anything.



We should all practice speaking positive words about our life and about others. Remember the glass half full or half empty illustration? You can thermometer what your overall disposition is using that illustration as a gauge. Basically are you more disposed to being frustrated and seeing the worse than being hopeful and positive?

Some of us must admit we need God to change our basic disposition to benefit from this proverb. Begin to believe and remind yourself how truly great life is and it's not based on what you own, but Who owns you. External matters can remove a smile from our face but it should never remove our soul from being joyful in the Lord. Our cheerful disposition should be founded in our relationship with Jesus Christ. Believe the joy of the Lord strengthens your heart so you can maintain a cheerful disposition though disappointed about a specific issue/matter. If you can praise Him at all times then you'll maintain an inner cheerful disposition for health and energy to obtain a fulfilled life.

Residing in Los Angeles, CA, Dr. Vanessa Dantzler Ussery is the Emeritus Pastor of Home Assembly Church in Los Angeles, is the founder of "Celebrate Change Ministries" and the author of "My Be Attitude: Who Be You?", which is available online in softcover or eBook at MyBeAttitude.org, Xulon Press, Amazon and Barnes & Noble. Dr. Ussery is available for national speaking engagements, empowerment seminars, and lectures. For more information, CelebrateChange.org | Info@CelebrateChange.org | 866-232-8176.

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