

# In a Bad Mood?

Ever find yourself in a bad mood? Would some be able to accuse you of having a pessimistic view of things? I have known some who go through life with a cloud constantly hanging over them. It is seen by the expressions in the face and the way a person carries himself. It is seen by words spoken. It is observed by witnessing a general attitude in a person. Have you ever observed the spirits within an entire group dampen upon a certain person's entering the room?

Bad moods are part of being human. Sometimes people simply possess a "serious mind" and appear to be grumpy. We may find ourselves deep in thought—and the expression on our face looks like we just lost our best friend. Maybe a bad day at work has caught up with us. Perhaps our health is not up to par. All of these things are understandable and are common to all men.

But, how can one overcome a bad mood? How can one get rid of a general pessimistic spirit? There are some principles found within Scripture that can help the Christian deal with his emotions. A person who cannot rule his own emotions and moods will bring disorder to everything he touches. Notice the words of Solomon: *He who is slow to anger is better than the mighty, And he who rules his spirit, than he who captures a city. (Pro. 16:32) Like a city that is broken into and without walls is a man who has no control over his spirit. (Prov. 25:28)* As we gain strength in Christ, we should be able to become more like the man Solomon described. This will take work and determination on our part. The first step in getting rid of a bad mood is to admit possession of it and then commit to overcoming it.

In the 108th Psalm we read of David's praise of God. In order for David to be king over Israel, he had to become king over himself. He said, *My heart is steadfast, O God; I will sing, I will sing praises, even with my soul. Awake, harp and lyre; I will awaken the dawn! I will give thanks to You, O LORD, among the peoples, And I will sing praises to You among the nations. For Your lovingkindness is great above the heavens, And Your truth reaches to the skies. Be exalted, O God, above the heavens, And Your glory above all the earth. (v. 1-5)* There are some key phrases here that we can look to as we discuss getting rid of a bad mood.

In a bad mood? FIX your attention on God! In this Psalm, we find that David was praying for God to give him victory over his enemies. (v. 12-13) When things look bad, or appear to be spinning out of control we find our countenance begin to fall. Instead of getting frustrated or acting ugly—place trust in God! Have a fault? Get it out in the open before God! Psa. 32:5 says: *I acknowledged my sin to You; and my iniquity I did not hide; I Said, "I will confess my transgressions to the Lord"; and You forgave the guilt of my sin.* The Christian must also learn to continually hope and trust in God. Many of the things we find ourselves in a bad mood over do not amount to much.

In a bad mood? FOCUS your adoration upon God. Praise him! Create a heart of joy within yourself. See Psalm 5:11; 19:8. Psalm 118:24 says *this is the day which the Lord has made; let us rejoice and be glad in it!* We have so much to be thankful for! We have a need to cultivate the ability to praise Him. This comes by being spiritually minded. As we turn our hearts away from this world, we will find ways to continually praise and adore God. See Psa. 70:4 and 71:6-8.

In a bad mood? FASHION your exaltation toward God. See Psa. 108:5. Communicate your exaltation to Him! *You are my God, and I give thanks to You; You are my God, I extol you. (Psa. 118:28)* Count your many blessings! Thank God for your salvation! Remember the hope that you have because of Jesus Christ. *I will bless the Lord at all times; His praise shall continually be in my mouth. (Psa. 34:1.* Continually exalt Him!

Don't be a pessimist! There is no excuse for a person to constantly find himself focusing upon the negative and every problem in life. God has blessed us infinitely! We need to focus upon that and trust that God will assist us

as we deal with problems and shortcomings.

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