

Donna's Devotional

A Face Lift

*Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God: for I shall yet praise Him, who is the health of my countenance, and my God.
—Psalm 42:11*

Are there times when circumstances get you down? When you are troubled from deep within?

Do you know when you are troubled your face shows it? The appearance of your face, your countenance, reflects what is happening on the inside. You have heard it said that a bride's countenance is glowing. Her radiant beauty comes from her joy within. Second Corinthians 3:7 tells us that the children of Israel could not look firmly on Moses because of the glory of his countenance. Remember, that glory came from being in the presence of God. If we want our face to shine with glory, we need to be spending time in the presence of God.

Another thing that will help our countenance is praising God. Because our hope is in God we can praise him in troubling times. As our hope overflows into praise, we will experience healing in our appearance. You may be saying it is too hard for you to praise in your circumstances. Praise comes from hope and hope comes from exercising trust. It is easier to trust when we have been continually trusting.

The Psalmist said, *"Thou art my hope, O Lord God: thou art my trust from my youth"*—Psalm 71:5.

*My hope is in the Lord, Who gave Himself for me,
And paid the price of all my sin at Calvary.*

*And now for me He stands, before the Father's throne.
He shows His wounded hands, and names me as His own.*

*His grace has planned it all. 'Tis mine but to believe,
And recognize His work of love and Christ receive.*

—1st, 3rd, 4th verses of *For Me He Died*, by Norman Clayton