

What Story Does Your Face Tell?

by David Wilkerson

David Wilkerson emphasizes how our facial expressions reflect our inner spiritual state and the importance of embodying the joy of Christ in our lives.

Scripture: Psalm 42:11, Psalm 43:5, Proverbs 21:29, Acts 6:15, 1 Peter 5:7

Topics: "Inner Peace", "Countenance"

Description

David Wilkerson emphasizes that our facial expressions serve as a reflection of our inner state, declaring that our countenance reveals the joy or turmoil within us. He highlights how the presence of Christ in our hearts should positively influence our demeanor, contrasting the peace of a believer with the stress and worry that can harden one's face. Wilkerson encourages Christians to be mindful of the messages their faces convey to the world, as they can either reflect the love of God or the weight of sin and anger. He cites examples from scripture, including King David and Stephen, to illustrate how a transformed heart leads to a radiant countenance. Ultimately, he reassures believers of God's unconditional love and care, which should uplift their spirits and expressions.

Transcript

King David boldly declared, "I shall yet praise him, who is the health of my countenance, and my God" (Psalm 42:11, KJV). He repeats the exact same statement in Psalm 43:5.

Your face is a billboard that advertises what is going on in your heart. All the joy or turmoil that's inside you is reflected on your countenance -- your facial expression, your body language, your tone of voice. For example, when one's mind is loaded down with the cares of life, the shoulders may slouch, the brows may furrow, the face may look drawn.

Many of us need to be careful of our facial expression because we could be sending the wrong message to the world. Your face is the index of your soul and reflects what is going on inside your heart.

Indeed, the very presence of Christ in your heart has a direct impact on your face! It also affects your walk and your talk. Worry can also harden a person's face, just as much as gross sin can. We all know that as Christians we aren't to worry -- our Lord is fully aware of all our needs and problems -- and yet somehow we do get stressed at times.

What does your face say to a lost, confused generation? When Stephen stood before hostile, angry men in the Sanhedrin, "his face [shone] as the face of an angel" (Acts 6:15). In the midst of these unbelievers Stephen stood with the shine of Jesus on him and the difference was clear to all. In contrast, these men in the synagogue council were so angry at Stephen that "they gnashed at him with their teeth" (7:54). "A wicked man hardens his face" (Proverbs 21:29). Sin and anger are reflected on one's countenance just as distinctly as joy and peace.

As God's child, you know that the Lord cares for you and loves you unconditionally (1 Peter 5:7). His heart is moved toward you at all times and you can walk in glorious freedom. That should lift your countenance!

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