

June 7, 2011
Charles Stanley's Life Principle #20
*Disappointments are inevitable,
discouragement is a choice.*

PRAYER FOCUS: _____

Encouraging Yourself

King David was one who found himself needing encouragement regularly. I feel that is why so many of us find encouragement in the book of Psalms. Let's look at the Psalms as well as other Scriptures for ways to encourage ourselves in the Lord.

Be honest with the Lord!

Talking to God about your struggles is often the first step to healing. What negative thoughts did David express to God in the following passages?

Psalms 13:1-6:

Psalms 22:6-18:

Psalms 69:20-21:

Do you feel comfortable pouring out your heart to God, regardless how you feel? Why or why not.

Don't dwell on the negative

After you have expressed your negative feelings to the Lord, release them there. Do not dwell on them day after day.

One of the best ways to change your focus is to thank God for what He *has* done for you.

Habakkuk 2:4

Philippians 4:8-9

Trust the Lord to take care of your needs.

Isaiah 50:10

When you feel discouraged, make a list of everything you're thankful for. You'll be surprised at the number of wonderful things the Father has done for you.

Focus on encouraging spiritual truths.

As believers in Christ, we have incredible spiritual blessings that cannot be taken away or destroyed. When life gets you down, remember to thank God for the benefits you enjoy because of your relationship with Christ.

Write at least one uplifting spiritual truth from each passage:

Psalms 3:3-6

Psalms 16:7-11

Psalms 32:1-2

Psalms 65:5-13

*Look specifically for encouraging passages
that speak spiritual truths to your situation.*

Put your hope in God—not in a particular outcome, another person, or even your own abilities.

Although our families and friends can be wonderful resources in adversity, we must be careful not to place all our hope in them. People will disappoint us at times. However, our heavenly Father is always available to counsel us, provide strength, and work on our behalf.

Read Psalm 37:1-11. What are a few benefits from trusting in the Lord, according to this psalm?