



“Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, the health of my countenance and my God.” Psalm 42:11

This biblical truth may be one of the most invaluable lessons for the believer to master. The ability to encourage yourself will bring you an advantage that most will never attain. King David, when he was on the verge of being stoned by his own men after they had had their families and possessions carried off by marauders, “encouraged himself in the Lord.” It was from this ability of David’s that he was able to receive the Word of the Lord and turn a disastrous situation around into a wonderful victory – both personally and for his men – and their families!

The soul that can place its hope in God alone is the person who is on their way to freedom from being held hostage by other’s expectations and demands. This person, looking past what is being seen with their senses, finds the Word of God to be their anchor and strength in times of trouble.

We all face moments when there are opportunities to be cast down, when our soul (the mind, the will and the emotions) may tend to be disquieted, discouraged or even despondent, but this all can turn on one simple decision. “For I will yet praise Him!”

This is a choice of life. It is the choice to believe God’s Word over our circumstances and over what we perceive or what we may be presently experiencing. It is a choice to praise the Lord rather than become mired in the slough of despond – that is, by the complaints of life!

So what is it? Will you praise the Lord? Will you make the effort to encourage yourself in the Lord? Will you make the choice to encourage yourself in spite of what others are saying of you or what they are accusing you of, or what they are actively doing to hinder you?

Your choice will determine your future!

Selah!

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