



“Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, Who is the health of my countenance, and my God.”
Psalm 43:5

Few will learn this truth in one lesson. The flow of living must be aggressively countered or its current will sweep you away. Often this flow of life, with its bad reports, gossip, suggestions to believe the worst, opportunities to sin, hardships and struggles can overwhelm the finest Christians. Therefore the Christian believer must be skilled at self-encouragement.

By this we do not mean looking for or trying to encourage oneself by discovering some personal trait or characteristic that has value in and of itself! NO! This is not some self-esteem cheerleading effort. To be skilled at self-encouragement is to learn that in spite of our own failings, faults and inabilities, to find in God’s Word His assessment of our lives and then to believe His promises over what we are currently experiencing.

To practice this art of self-encouragement is to learn the power of God’s Word. “I am afflicted very much; revive me, O Lord, according to Your Word.” (Psalm 119:107). To be self-encouraged is to “stir up the gift of God” (2 Timothy 1:6), without the assistance of others, thus “beloved, building up yourselves on your most holy faith, praying in the Holy Ghost.” (Jude 20).

Never again will it be necessary to limp along in life hoping for someone to help you out of the ditches of problems and turmoil. Instead you’ll become the encourager of others because you have yourself been encouraged in God!

“Father today, my proclamation is this – “If God is for me, who can be against me?! No weapon formed against me will prosper! I am born of God, and I have overcome the wicked one, for greater is He that is in me than he that is in the world!” (Romans 8:31; Isaiah 54:17; 1 John 4:4).

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