

## Introduction

We find ourselves at the end of a year looking over the months, weeks, and days that have gone by wondering if there was anything we've missed. Anything we could have done differently. Did we at least accomplish what we said we would do?

And then Holy Spirit comforts us and shows us that there was so much more impact made, so much more accomplished than what our physical eyes can see. Because even in times when we were still, God was still moving behind and in between the scenes. And He wants us to know and always remember that He has given us the ability to encourage ourselves in the Word of God.

There are times we find ourselves off track from God's plan for us. Crossroads appear before us. Life happens and sometimes less than better choices are made. But as it's written in Rom 8:28, *"We know that all things work together for the good of them who love God, who are the called according to His purpose"*. When the people of Israel were commanded to battle an opponent they did not want to fight, no cheerleaders ran to the center of the battlefield and urged them on. They had to encourage themselves.

I will share with you 6 points to consider that I believe will fill us with understanding how important it is to encourage yourselves.

Let's go.

I want to remind you of a bible story where David is anointed King of Israel by the prophet Samuel. (Why did this cause problems?) In 1 Samuel 22:1-2 (NIV) it says, *"David left Gath and escaped to the cave of Adullam. When his brothers and his father's household heard about it, they went down to him there. <sup>2</sup>All those who were in distress or in debt or discontented gathered around him, and he became their commander. About four hundred men were with him."* Ever since David was anointed as the king who would succeed him, Saul is obsessed with killing David and David cannot understand why.

So, David finds himself fleeing the land of Judah away from Saul into the land of the Philistines.

He was being pursued by Saul and the safest place away from Saul was to live among the Philistines, the enemies Saul feared the most. David and his 600 men went to Achish, the king of Gath and asked for his permission to let them settle in Ziklag, one of the Philistine towns.

For sixteen months, David and his men spent their time raiding the Geshurites, the Girzites and the Amalekites. He was really raiding the enemies of Israel undercover.

About that time the Philistines gathered their armies to wage another war with Israel. **Achish** asked David and his men to go and help them fight Israel. David agreed. And Achish made

David his personal bodyguard (1 Samuel 28). Before the battle began, the Philistine commanders rejected David and his men. They explained to Achish that David might turn against them and fight for Israel instead. Upon that advice, David was asked to return to Ziklag.

**1 Samuel 30:1-6** *<sup>1</sup>David and his men reached Ziklag on the third day. Now the Amalekites had raided the Negev and Ziklag. They had attacked Ziklag and burned it, <sup>2</sup>and had taken captive the women and everyone else in it, both young and old. They killed none of them but carried them off as they went on their way. <sup>3</sup>When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. <sup>4</sup>So David and his men wept aloud until they had no strength left to weep. <sup>5</sup>David's two wives had been captured—Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. <sup>6</sup>David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God.*

### **Encourage yourself in the Lord.**

#### **1. Practice self-care and encourage yourself in the Lord immediately.**

You're not in a good place when your friends want to kill you. But David found strength in the Lord. David ENCOURAGED himself in the Lord.

#### **Psalm 61: 1-8 (KJV)**

1. Hear my cry, O God; attend unto my prayer.
2. From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I.
3. For thou hast been a shelter for me, and a strong tower from the enemy.
4. I will abide in thy tabernacle for ever: I will trust in the covert of thy wings. Selah.
5. For thou, O God, hast heard my vows: thou hast given me the heritage of those that fear thy name.
6. Thou wilt prolong the king's life: and his years as many generations.
7. He shall abide before God for ever: O prepare mercy and truth, which may preserve him.
8. So will I sing praise unto thy name for ever, that I may daily perform my vows.

### **Be encouraged with a Word from the Lord.**

**2 Timothy 3:16-17 (NKJV)** says, *"All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work."*

## 2. **The word of God is Spirit and life, purified seven times.**

It has the unequalled ability to create, build, and transform lives. It is full of encouraging promises for our weary souls.

We need to read and meditate in the word on daily basis, because man does not live by bread alone but by every word that comes from God doth man live. Daily intakes of the word will help us to resist and overcome all factors bringing discouragement.

**Jeremiah 37:17** *"Then Zedekiah the king sent, and took him out: and the king asked him secretly in his house, and said, **Is there any word from the LORD?** And Jeremiah said, **There is:** for, said he, thou shalt be delivered into the hand of the king of Babylon."*

Our lives should be led with an expectation of receiving a word from the Lord. Just hearing from God will encourage your heart. Just knowing what He has said will come to pass or will save you from disaster as it did with King Zedekiah.

All you need is a **word from the Lord**.

**Matthew 7:7** *"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:"*

Isn't that encouraging?

Some of us know what it's like to be desperate to hear an accurate word in a critical time.

I have found that the recordings of prophetic words that have been spoken to me and over me by our own Prophetic Teams have encouraged me in ways I will never be able to explain. It caused me to remember the promises of God that have come to pass, and the promises that the Father is working on right now to fulfill in my life.

**Phillipians 2:5** *"Let this mind be in you, which was also in Christ Jesus:"*

## 3. **Condition your mind to praise God and to win.**

God indwells the praises of His people, worship always brings down His presence when you worship God rightly, and eventually, fear, sorrow, and depression flees away.

Many people may find it difficult to pray in times of trouble, but we can train and command our souls to praise and worship Him.

David in his time of trouble asked himself in **Psalms 42:5**; *"Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior, and my God."*

What a man! He knew how to condition his mind to praise God and to win.

For some of us believers, praise and worship are not always easy to express. But that's when we must command our soul to bless the Lord. Then wait and see what happens next.

**Psalms 103:1 (KJV)** *Bless the LORD, O my soul: and all that is within me, bless his holy name.*

**Psalm 57:7 (KJV)** *My heart is fixed, O God, my heart is fixed: I will sing and give praise."*

*To know we can take courage in God automatically encourages us.*

**Psalm 23:4 (KJV)** *Yea, though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*

## Fellowship with Brethren

### **4. The presence of brethren can bring encouragement, hope, and joy, particularly in time of trouble.**

There is this bond that God's Spirit brings in the union of children of God. Wherever brethren are meeting, deep will call to deep, and God's presence will manifest.

**Proverbs 27:1 (KJV)** says, *"Iron sharpeneth iron; so a man sharpeneth the countenance of his friend."*

Even Apostle Paul benefited greatly from this God given companionship and was encouraged. Do not neglect the association of the people of God; from there you will contact strength and joy.

**Acts 28:15 (KJV)** *"And from thence, when the brethren heard of us, they came to meet us as far as Appi forum, and The three taverns: whom when Paul saw, he thanked God, and took courage."*

## Fellowship with the Holy Spirit

### **5. The Holy Spirit is the spirit of encouragement and strength, when you spend time with Him, He will give you strength and you cannot remain in that state of despair. If you know how to speak in tongues, then you have the key to your liberation in your hands.**

You can reproduce another upper room Pentecostal experience in your own room. Do it constantly and you will never see discouragement being comfortable in your life again.

**Nehemiah 8:10** *Do not give in to fear, and discouragement no matter what. For the joy of the Lord is your strength, grab it and maximize it in your life.*

**6. Allow Jesus, the Word of God, to encourage you as He did the disciples.**

**John 16:33 (English Standard Version)** *I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."*

**John 14:27 ESV** *Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.*

**Luke 1:37 ESV** *For nothing will be impossible with God."*

**Luke 12:6-7 ESV** *Are not five sparrows sold for two pennies? And not one of them is forgotten before God. Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.*

**John 6:47 ESV** *Truly, truly, I say to you, whoever believes has eternal life.*

**John 3:16-17 ESV** *"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him".*

What beautiful encouraging words spoken to us continually by a Friend, a Savior and Lord who is always with us. Reminding us that His word provides comfort as we encourage ourselves in Him.