

Lifting Yourself Up – Wednesday, September 8, 2010

King David knew how to overcome feelings of discouragement. Even in the face of tragedy, he “encouraged himself in the Lord his God” (1 Sam. 30:6) He had learned how to put his hope in God in the midst of adversity.

From studying the book of Psalms, we can discover the method David used to overcome discouragement. Let’s take a look at a few principles that show us how to encourage ourselves in God.

1. Be honest with the Lord.

“The Lord is near to all who call on Him; to all who call on Him in truth” (Ps. 145:18)

From each passage, see a few negative thoughts that David expressed to God:

- Psalm 13: 1-6
- Psalm 22: 6-18
- Psalm 69: 20-21

2. Don’t dwell on the negative.

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

- There are many Psalms of Thanksgiving Psalm 30 is one of them; as you read this Psalm you can almost imagine David’s eyes being filled with joy as he wrote these words.
- What has the Lord done on your behalf that you are thankful for?

3. 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.

What is at least one uplifting spiritual truth from each passage?

- Psalm 3: 3-6
- Psalm 32: 1-2
- Psalm 65: 5-13

4. Look for specific passages that speak to your situation. (see back)

For instance, someone that is feeling sorry for oneself could find comfort from Psalm 102 “Hear my prayer, O Lord! And let my cry for help come to You...”

5. 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.

Psalm 73: 23 – 28