

Greetings Champion!

Blessings and increase to you in the mighty name of Jesus!

Sometimes, certain situations in life can be discouraging. At times, very discouraging. God knows that and has given us a remedy.

Ephesians 5:18-20, *“Be filled with the Spirit, **speaking to yourself** (That’s how David did it) in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, giving thanks always for all things unto God...”*

In 1 Samuel 30:6, David was faced with horrible circumstances. Although faced with terrible circumstances, he immediately went to work on *himself*, *then* on the circumstances.

The Bible says, *“David encouraged himself in the Lord”* (1 Samuel 30:6).

If you are discouraged, do not go to work on your circumstances, go to work on YOU by first encouraging yourself.

- David encouraged himself.
- David spoke encouragement to his soul.
- David recounted and rehearsed the blessings of God.
- David spoke and claimed God’s promises.
- David put God in remembrance of His Word.
- David sang psalms.
- David made up Spirit-inspired songs.
- David renewed his trust in the Lord.
- David laid hold on God afresh.

YOU MUST DO THE SAME!

Pastor Glen