

How to Defeat Discouragement

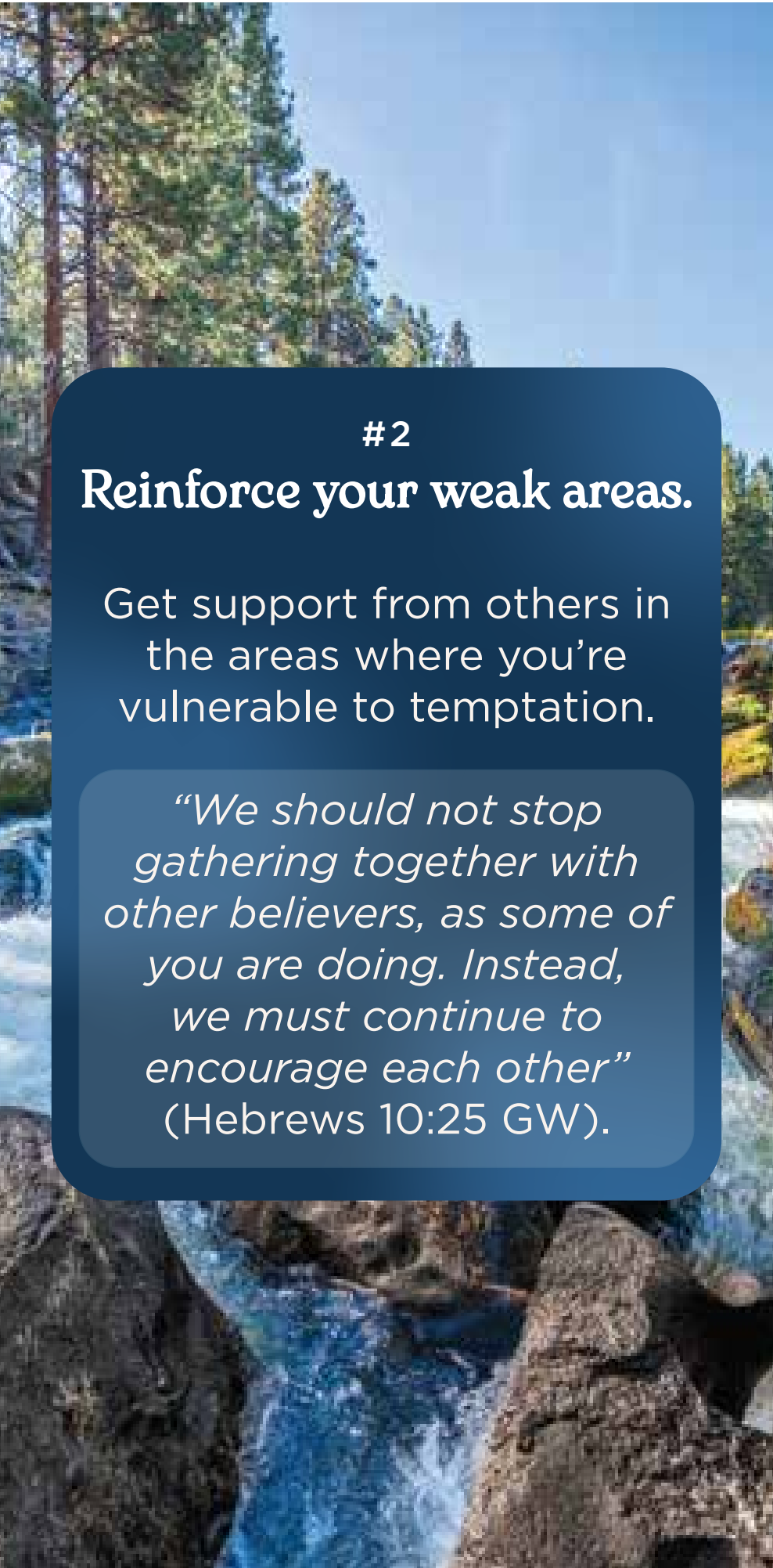
What's discouraging you? Maybe it's something in your personal life, like a health problem or a struggling relationship. Or maybe it's trends you see in the world around you. But you don't have to let discouragement defeat you. Here are four simple ways you can do that:

#1

Rest your body.

God made you to need rest, so make sure you're getting enough of it.

"It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones" (Psalm 127:2 NLT).

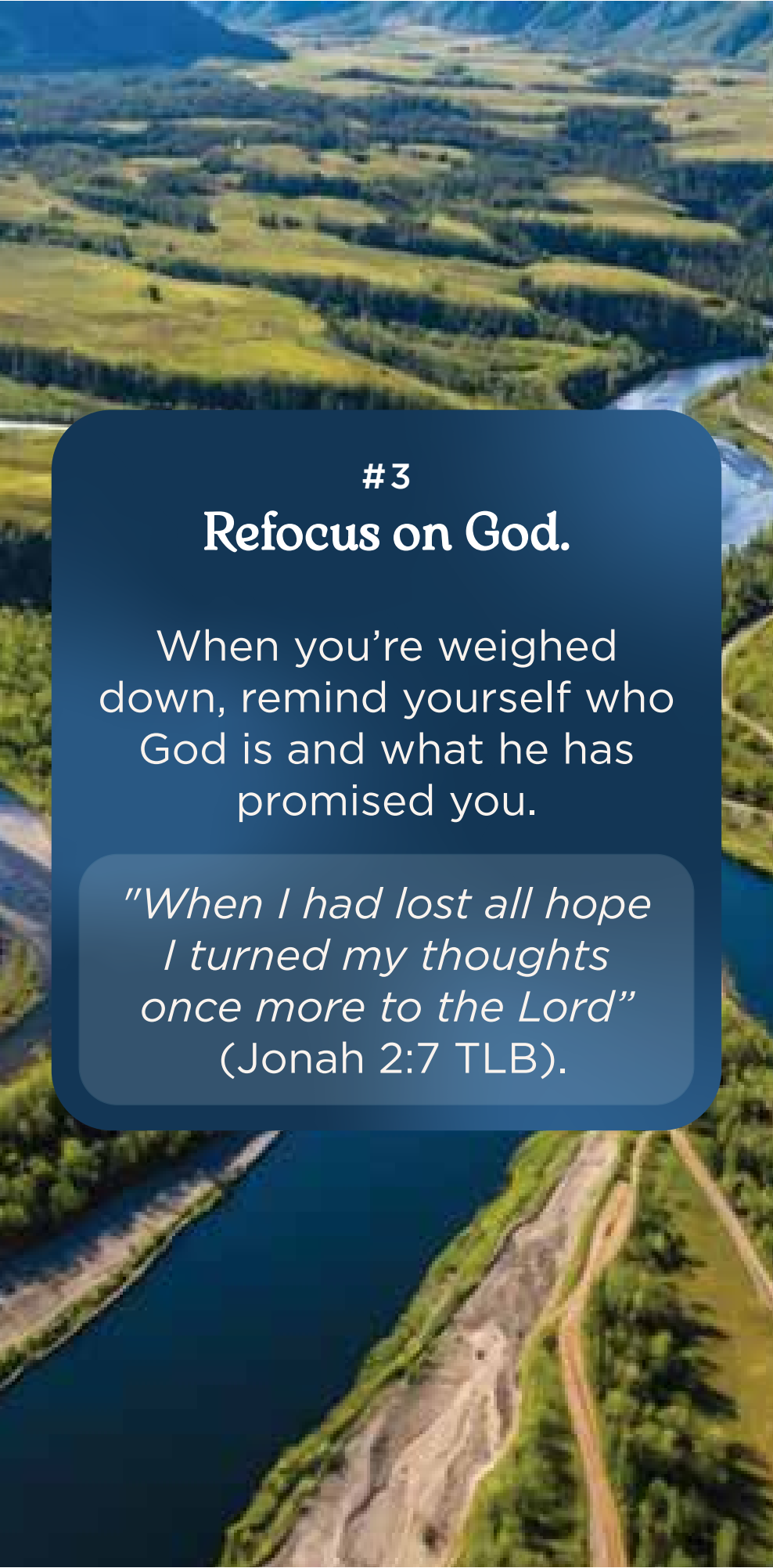


#2

Reinforce your weak areas.

Get support from others in the areas where you're vulnerable to temptation.

"We should not stop gathering together with other believers, as some of you are doing. Instead, we must continue to encourage each other" (Hebrews 10:25 GW).

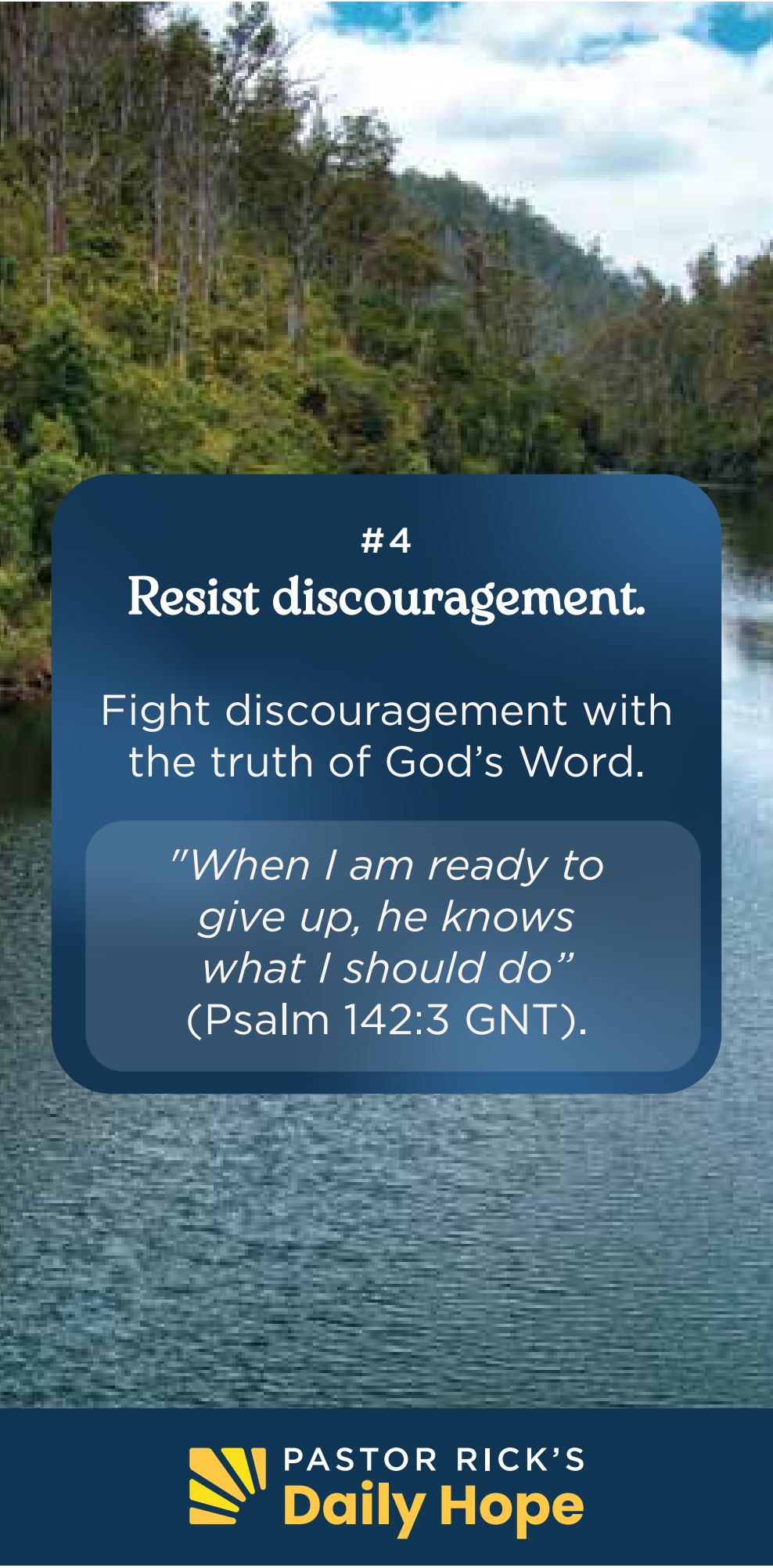


#3

Refocus on God.

When you're weighed down, remind yourself who God is and what he has promised you.

"When I had lost all hope I turned my thoughts once more to the Lord" (Jonah 2:7 TLB).



#4

Resist discouragement.

Fight discouragement with the truth of God's Word.

"When I am ready to give up, he knows what I should do" (Psalm 142:3 GNT).

PASTOR RICK'S Daily Hope