



Therefore exhort one another, and build each other up, even as you also do.

1Thessalonians

5:11,13

To exhort means to strongly encourage or urge (someone) to do something.

A Little Encouragement Goes A Long Way.

Life can be tough sometimes. There is nothing like a smile and a kind word to lift someone's spirit. In times of darkness wouldn't it be nice to have someone come along side you and shine a light offering guidance and hope? When you are feeling weak in your faith turning to the word of God can give you the strength you need to dig deep and renew your faith. We can always do what our brother David did when all hope seemed lost. He ENCOURAGED himself in the

Lord!!!

In 1 Samuel 30 you will find the story of David losing all at the hands of the Amalekites.

The story tells of how David was greatly distressed. Have you ever cried so long and hard that you had no more power to weep?

That is where David found himself. What David did next is what I want us to do when we find ourselves out of sorts.

David encouraged himself in the Lord! He asked the Lord what it was he should do.

In our time of need when there is no one to cheer us on...

Encourage Yourself

(Here a few scriptures to assist you)

Psalm 37:4 "Delight yourself in the Lord, and he will give you the desires of your heart."

1 Thessalonians 5:11 "Therefore encourage one another and build one another up, just as you are doing."

Psalm 28:7 "The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I will give thanks to him."

Romans 15:13 "May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope."

Isaiah 43:2 "When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you."

Psalm 23:4 "Even 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."



In the mean-time find someone that would benefit from a few words of encouragement, or even a kind gesture.

Give and it shall be given unto you!

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