

# ENCOURAGE YOURSELF IN THE LORD YOUR GOD

## I. Bad days happen to good people

A. We can do what most people do

1. Despair (v.4); Be angry (v. 6a); Look for someone to blame (v.6)
2. Are we better off and does this resolve anything?

B. We can do what David did

1. He encouraged (strengthened) himself IN the Lord His God v.6.
2. He sought the Lord's guidance - didn't resort to his own devices.
3. He focused on others – didn't get self absorbed.

## II. Strengthen yourself in the Lord your God

A. We don't have to feel strong in ourselves.

B. God's strength is:

1. Immediately available Ps. 46:1
2. Everlasting and inexhaustible Isaiah 40:28-31
3. Promised and willed Ps. 29: 11
4. His way to get us above the tragedy Hab. 3:17-19
5. Enough for our weakest moments 2 Cor. 12:9, 10
6. Will help you stand when all alone 2 Tim. 4:16-18

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## III. How you can encourage/strengthen yourself

A. Strength comes in response to praise

1. speaking Ps. 8:2; 71:14-16; (Ps. 84:4-7; Ps. 103:1-6)
2. singing Ps. 27:7, 8; Ps. 34:1; Acts 16:25

B. Strength comes from saying what God's Word says

1. Joel knew it Joel 3:10.
2. Paul knew it Philippians 4:13; Hebrews 13:5,6.
3. David knew it Psalm 27:1.

C. Strength comes in answer to prayer

1. Eph. 3:14-16
2. Col. 1:9-11