

THE POWER OF ONE

I. Bad days happen to good people

A. We can do what most people do 1 Samuel 30:4-6

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?

3. We can feed on our sorrow or upon Jesus' victory over it Isaiah 53:4

B. We need to encourage ourselves not only for ourselves but for others.

II. Don't underestimate the power of one

A. One person with one decision can turn things around Rom. 5:15, 17, 18.

B. Faith can function alone with no support Rom. 3:3, 4.

C. One man's prayer can make a difference Ez. 22:30.

D. God's strength can work when we are abandoned/alone 2 Tim. 4:16, 17

E. Even on our worst day & weakest moment our strength can be renewed
Isaiah 40:29-31

HOW TO ENCOURAGE YOURSELF

1. Prayer.

Luke 18:1. Prayer will keep you from fainting and keep you encouraged and keep you at peace Philippians 4:6-8.

2. Singing praises will bring encouragement.

This is a safeguard and an enemy silencer Psalm 8:2; Acts 16:25.

3. Christian fellowship.

Hebrews 10:25; In Acts 2:42 the early church put it on the same level with Bible study, prayer, and communion.

4. Bible study with meditation upon God and His Word.

Word is medicine Proverbs 4:22; Perfect peace Isaiah 26:3.

Thoughts do create or disrupt our peace. Our thoughts run to two things: What it wants; What it fears.

5. Talking to yourself

Psalm 42:5,6; Philemon 6.

Words are powerful to encourage. Our own words can cause faith, hope, and encouragement to come into our own heart.