

“Encourage Yourself”

Text: 1 Samuel 30: 1-8

1 Samuel 30: 1-8 “And it came to pass, when David and his men were come to Ziklag on the third day, that the Amalekites had invaded the south, and Ziklag, and smitten Ziklag, and burned it with fire. And had taken the women captives that were therein: they slew not any, either great or small, but carried them away, and went on their way. So David and his men came to the city, and, behold, it was burned with fire; and their wives, and their sons, and their daughters, were taken captives. Then David and the people that were with him lifted up their voice and wept, until they had no more power to weep. And David’s two wives were taken captives, Ahinoam the Jezreelitess, and Abigail the wife of Nabal the Carmelite. And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God. And David said to Abiathar the priest, Ahimelech’s son, I pray thee, bring me hither the ephod. And Abiathar brought thither the ephod to David. And David inquired at the LORD, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake them, and without fail recover all.”

1 Samuel 30:18-19So David recovered all that the Amalekites had carried away, and David rescued his two wives.And nothing of theirs was lacking, either small or great, sons or daughters, spoil or anything which they had taken from them; David recovered all. (NKJV)

Encourage - to inspire with courage, spirit, or hope; to attempt to persuade; to spur; to give help or patronage to.

Church;

Discouragement is a terrible disease and a very powerful weapon in the hand of the enemy of our soul.

You see, "Discouragement," will cost you a lot, because when we as Christians become discouraged and worried, we send fear into our lives and with it all kinds of additional things. Yes, it is sad but true that many people actually wage war against themselves. Many people downgrade themselves continually with their mouths. My brothers and sisters, whenever the devil wants to box you into a corner, you must encourage yourself in the Lord.

WHAT IS THE MEANING OF THE WORD "DISCOURAGE?"

It is an English word that is made up of two words: "Dis" and "Courage." **Discourage** means the lack of courage. My friends, the trouble with discouraged people is that they cannot hear from God. The Bible says, in **Isaiah 12:3** “Therefore with joy shall you draw water from the wells of salvation.” Church, the devil knows that discouraged people cannot commune with God properly or hear His voice. You see, encouragement brings hope but discouragement causes hopelessness and despair. It is so easy to know the size of a person’s faith by observing how much trouble it takes to discourage him. Yes saints, when people are encouraged, they remain on their feet and smile even when it looks like they are facing defeat.

But discouraged people;

1. Have a lot of loose ends to tie up and they are sick people that usually give up and die quickly.
2. Sometimes forget that certain mistakes might have been made in the past and God requires time to correct them.
3. Believe that life is a failure. You see my friends, discouragement has killed more people than typhoid fever and malaria.
4. Snatch defeat from certain victory, and oftentimes they see victory coming but grasp only defeat out of it.
5. Borrow problems from the future, because they are worried about tomorrow even though they do not know what will happen tomorrow.
6. Borrow the problems of the future and transfer them to the present.
7. Drink the wine of frustration. When you hear somebody always saying, “I don’t like this, I don’t want this at all,” there is frustration in place. It is very easy to know frustrated ladies.
8. Advertise the devil’s disgrace. They have faith but the faith is in failure.

So church, before David could hear God, he had to encourage himself. He shook off discouragement and believed that God would turn his calamity into goodness. My friends, only a heart that is encouraged is conditioned to hear good news.

In Exodus 6:9 we see the situation of the children of Israel in Egypt where God had already raised up a deliverer for them.

What happened when the deliverer came?

The bible says in **Exodus 6:9** “... Moses spake so unto the children of Israel: but they hearkened not unto Moses for anguish of spirit, and for cruel bondage.”

Why? They could not accept the good news because their spirits were down. But when

1 Samuel 30:6 says, “**6** Moreover David was greatly distressed because the people spoke of stoning him, for all the people were embittered, each one because of his sons and his daughters. But David strengthened himself in the LORD his God. **7** Then David said to Abiathar the priest, the son of Ahimelech, “Please bring me the ephod.” So Abiathar brought the ephod to David. **8** David inquired of the LORD, saying, “Shall I pursue this band? Shall I overtake them?” And He said to him, “Pursue, for you will surely overtake them, and you will surely rescue *all*.” **9** So David went, he and the six hundred men who were with him, and came to the brook Besor, *where* those left behind remained. **10** But David pursued, he and four hundred men, for two hundred who were too exhausted to cross the brook Besor remained *behind*.”

Church, discouragement is a personal decision and a person could decide to give up on something that would help him or her.

For example,

1. A woman says, "I am tired of begging the man for forgiveness. Every day I kneel down and say forgive me, even when I have not committed any offence, I still say forgive me. Why am I always the one begging? I am tired of begging."

Answer: It is better for such a woman to keep begging. If she gives up, discouragement will come in.

2. One man said, "I am tired of greeting people without any response from them, after all I am not wood. I am tired. I greet them and they answer with their heads and eyes. Don't they have a mouth to answer?"

Answer: Please, keep greeting them.

3. Some people would say, "Prayer has finished in the house of prayer warriors, deliverance has finished from deliverance ministers."

Answer: Keep praying or someone may say, "I am tired of coming to meetings and laying hands on the same place every day." Keep laying hands. Your breakthrough may come with the next laying of hands.

Church, the mountains that we are facing get weaker as we pray against them. So, it is dangerous to get discouraged because it could be when you are just about to have your breakthrough. Discouragement is very expensive in the devil's market because you pay with your life.

Someone may say, "I have been paying my tithes. I have been very faithful in doing it, but I have not had any big breakthrough."

Answer: What you should do is to even give more violently. No one can discourage you except you when you decide to discourage yourself. So make a conscious decision not to be discouraged. Make a decision this moment to always encourage yourself in the Lord, then you can hear Him clearly. Do not wait for somebody to come and encourage you. There is scarcity of people who encourage others. Encourage yourself in the Lord and render thanksgiving to Him. Tell Him you appreciate His blessings and faithfulness. Decide that circumstances will not enslave your soul no matter what.

Church we must always beware of the grasshopper spirit. You may ask, "**WHAT IS THE GRASSHOPPER SPIRIT?**"



Numbers 13:33 There we saw the giants^[a] (the descendants of Anak came from the giants); and we were like grasshoppers in our own sight, and so we were in their sight.” (NKJV)

It is the spirit of “we are not able,” the spirit that afflicted Israel, whom God told to go and take possession of the Promised Land. They said,

“No, we are not able, we are like grasshoppers.”

You need also to stand against the spirit of evil expectation. When someone says, “I knew that problem would occur and now it has occurred. It is a very powerful spirit which we must stand against. Church, it is the devil who should be wondering when we will shoot our next arrow, not we saying that we don’t know when to attack.

WHAT THEN IS THE MEDICINE AGAINST DISCOURAGEMENT?

There is no one that will not have trials and a period of frustration at one time or the other. Somebody has said that life is a jungle. That is true.

1. Release your situation into the hands of the Lord: A songwriter says, “take your burden to the Lord and leave it there.” Refuse to doubt, refuse to waste your night working it out with your brain. The Bible says, **1 Peter 5:7**, “Casting all your cares upon Him for He cares for you.” It does not say cast some, but all. If you do not hand your cares over to Him, then don’t blame Him if He does not work on them.

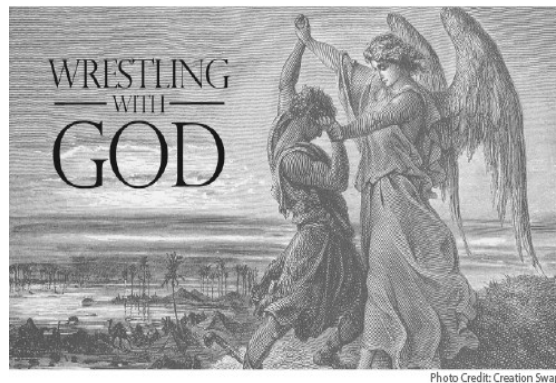
2. See divine possibilities: You must see that the blessings you need can come; that every problem has an end and that the end of a trial will come. You must begin to see that God can do something in your life that the pain, the fear and the financial problem can come to an end. When you begin to see that possibility, things will begin to happen.

My brothers and sisters, in the Bible, those who aggressively claimed their blessings did so because they saw that it was possible. They pursued it sincerely, and did not give up. They kept going and going until what they wanted was in their hands.

Let’s look at the woman with the issue of blood. You see, before she left her home she had it settled: “I know that all I need to do is touch the hem of His garment and I shall be made whole. I don’t even want the man to pray for me. It is not necessary.” Why, because she had already seen the possibility.

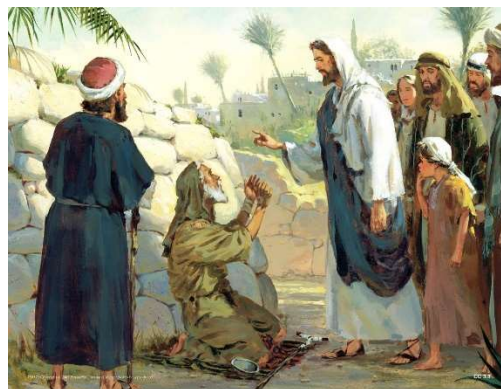
Church, it does not matter what any doctor had said about your problem. It does not matter what any prophet had said. You see, neither the prophet nor the devil has the last say about anybody's life. God has the last "Word".

Jacob saw the possibility. The bible says in **Genesis 32:22-28**... That night Jacob got up and took his two wives, his two female servants and his eleven sons and crossed the ford of the Jabbok. After he had sent them across the stream, he sent over all his possessions. So Jacob was left alone, and a man wrestled with him till daybreak. ... When the man saw that he could not overpower him, he touched the socket of Jacob's hip so that his hip was wrenched as he wrestled with the man. Then the man said, "Let me go, for it is daybreak." But Jacob replied, "I will not let you go unless you bless me." The man asked him, "What is your name?" "Jacob," he answered. Then the man said, "Your name will no longer be Jacob, but Israel, because you have struggled with God and with humans and have overcome."



Blind Bartimaeus saw the possibility. In Mark 10:46-52 Jesus heals him of his blindness.

Mark 10:46-52 ... Now they came to Jericho. As He went out of Jericho with His disciples and a great multitude, blind Bartimaeus, the son of Timaeus, sat by the road begging. And when he heard that it was Jesus of Nazareth, he began to cry out and say, "Jesus, Son of David, have mercy on me!" Then many warned him to be quiet; but he cried out all the more, "Son of David, have mercy on me!" So Jesus stood still and commanded him to be called. Then they called the blind man, saying to him, "Be of good cheer. Rise, He is calling you." And throwing aside his garment, he rose and came to Jesus. 51 So Jesus answered and said to him, "What do you want Me to do for you?" The blind man said to Him, "Rabboni, that I may receive my sight." Then Jesus said to him, "Go your way; your faith has made you well." And immediately he received his sight and followed Jesus on the road. (NKJV)



The Syro-phoenician woman asked Jesus to heal her daughter and Jesus said, “No, I cannot take the food of the children and give it to dogs.” The woman was not discouraged. She was not upset. She was determined to get what she wanted. She stayed there until the Saviour had to answer her prayer.

Mark. 7:25-30 ...For a woman whose young daughter had an unclean spirit heard about Him, and she came and fell at His feet.The woman was a Greek, a Syro-Phoenician by birth, and she kept asking Him to cast the demon out of her daughter. ...But Jesus said to her, “Let the children be filled first, for it is not good to take the children’s bread and throw *it* to the little dogs.”And she answered and said to Him, “Yes, Lord, yet even the little dogs under the table eat from the children’s crumbs.”Then He said to her, “For this saying go your way; the demon has gone out of your daughter.”And when she had come to her house, she found the demon gone out, and her daughter lying on the bed.



Saints, there may be men of God that have disappointed you, and have made you frustrated and bitter and there are some people who have resolved never to step into the church again because of what one pastor or the other did to them. If you are like that, encourage yourself in the Lord.

Church one great problem that God has with us is that we hold on to our problems and we are not experts at solving them. At times when we have messed everything up we carry the leftover to God.

We must believe that all things are possible.

Jesus says in **Mark 9:23** to the father a boy with a deaf and dumb spirit said to him, “If you can believe,^[a] all things *are* possible to him who believes.” (NKJV)

Perhaps you have problems that seem to defy solution. You have come to your wits end. You have decided, “Well, this place is my last stop. I am going to run away from God. No, all things are possible to him that believes.

The Bible does not say that all things are possible to him that worries. When we say things are impossible, it means that we have arrived at self-defeat. God is a gentleman, He will not grab the problem out of your hand if you do not hand it to Him. So, whatever the situation may be, believe that all things are possible. God is still around.

We must see that possibility and you will see what the Lord will do.

Do not give up: When the whole of your eyes are turning red, do not give up. When life is becoming disjointed and disorganized, don't give up. When you feel you cannot take another step ahead, don't give up. When trials surround you every day and your enemies are showing themselves as friends, don't give up. When you think that all is lost, don't give up. When all things are moving up and the road is so rough and tiring, when you try to smile and the smile is hard work or when the debts are so much, do not give up.

My brothers and sisters, many strugglers have given up at the edge of success. The Bible says in , **Isaiah 55:11** So shall My word be that goes forth from My mouth; It shall not return to Me void, But it shall accomplish what I please, And it shall prosper *in the thing* for which I sent it. (NKJV)

My friends, many strugglers give up at the edge of success, but David encouraged himself in the Lord and his spirit became calm. While he was crying he could not hear God, but immediately when he stopped crying and encouraged himself in the Lord, his spirit was now calmed. All the crying exercises did not let him hear God but immediately he stopped crying and he encouraged himself in the Lord, the voice of God came to him saying, "Surely you shall pursue, overtake and by all means recover."

Church, discouragement is a very clever spirit. If somebody used to run to service and now he is walking slowly to the place, the spirit of discouragement has started working. When somebody who used to pray and smile is now depressed and unhappy, that spirit is setting in. Discouragement has many powerful children, like **fear, worry, depression, death, sickness and hindrances**. That is why the Bible says, "Let not your heart be troubled; you believe in God, believe also in Me."

Saints of God, we must get to the level where the devil will say, cannot defeat "This one" because they are anchored in Christ.

Finally as I close, I want to leave you with what the Bible says in **Acts 16:25-30** about "The Philippian Jailer who was Saved."

Acts 16:25 But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. **26** Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were loosed. **27** And the keeper of the prison, awaking from sleep and seeing the prison doors open, supposing the prisoners had fled, drew his sword and was about to kill himself. **28** But Paul called with a loud voice, saying, "Do yourself no harm, for we are all here." **29** Then he called for a light, ran in, and fell down trembling before Paul and Silas. **30** And he brought them out and said, "Sirs, what must I do to be saved?" Paul and Silas prayed and sang praises to God in the prison. With all the wounds in their bodies, they just refused to be discouraged. (NKJV)

PRAYER

Dear God,

I bring before you every spirit of **discouragement**, because I know that I am not a candidate, and I bind you, in the name of Jesus. Every **good thing** I have lost because of the enemy or someone's discouragement, I **recover** it, in Jesus' name. Every enemy of joy in my heart, fall down and die right now, in Jesus' name. Lord I shall pursue my enemies, and I will overtake them, and I will recover my stolen properties, in the name of Jesus. I bind you Satan and every spirit of evil expectation, in the name of Jesus Christ my Lord and Savior, I do pray. **Amen!**



“Encourage Yourself” by Tri-City Singers

Verse 1:

**Sometimes you have to encourage yourself.
Sometimes you have to speak victory during the test.
And no matter how you feel,
speak the word and you will be healed;
speak over yourself,
encourage yourself in the Lord.**

Verse 2:

**Sometimes you have to speak the word over yourself,
the pressure is all around,
but God is present help.
The enemy created walls,
but remember giants, they do fall;
speak over yourself,
encourage yourself in the Lord.**

Bridge:

**As I minister to you, I minister to myself,
life can hurt you so,
'til you feel there's nothing left.
(No matter how you feel),
(speak the word and you will be healed).**

Vamp 1:

Speak over yourself.

Vamp 2:

**I'm encouraged.
I'm encouraged.
I'm encouraged.
I'm encouraged.**

Vamp 3:

**I'm encouraged,
I'm encouraged,
I'm encouraged,
I'm encouraged.**

Vamp 2

Vamp 3

Vamp 2

Ending:

**(Speak over yourself),
(encourage yourself in the Lord).**