

# HANDOUT — *Encourage Yourself in the Lord*

## Key Scripture:

**1 Samuel 30:6** — *“But David encouraged himself in the Lord his God.”*

## What It Means to Encourage Yourself

- It is the spiritual discipline of **aligning your soul with God’s truth**.
- It is choosing faith over feelings.
- It is speaking life when circumstances speak death.
- It is remembering God’s track record when the present feels overwhelming.

## Why It Matters Today

We live in a time of constant pressure, comparison, and noise. Encouragement is no longer optional — it is a **weapon**. When you encourage yourself:

- Your spirit rises
- Your clarity returns
- Your authority activates
- Your prophetic hearing sharpens
- Your momentum is restored

## How to Encourage Yourself

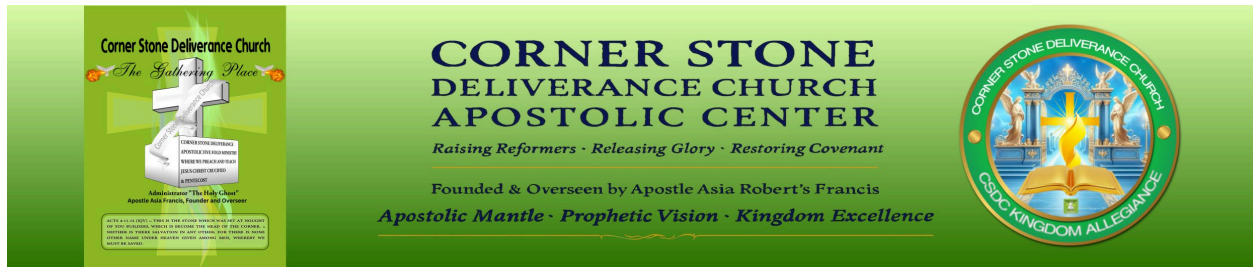
- **Speak to your soul** (Psalm 42:5)
- **Pray in the Spirit** to stir your inner man
- **Worship intentionally** to shift atmospheres
- **Declare the Word** as your sword
- **Remember your testimonies** as fuel for faith

## Prophetic Truths to Hold

- Discouragement is demonic anesthesia — it numbs you so you won’t fight.
- Encouragement awakens your spirit and positions you to **recover all**.
- God has not changed His mind about your assignment.
- You are anointed for this moment in history.

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# QUIZ: Encourage Yourself in the Lord

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**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Multiple Choice — Select the Best Answer

1. **According to 1 Samuel 30:6, what did David do when he was distressed?** A. Blamed his men B. Hid from his enemies C. Encouraged himself in the Lord D. Abandoned his assignment
2. **Why is encouraging yourself essential in today's time?** A. Discouragement is rare B. Technology replaces spiritual disciplines C. Modern life brings pressure, comparison, and spiritual warfare D. Believers no longer need community
3. **Which spiritual practice strengthens the inner man?** A. Complaining B. Avoiding challenges C. Praying in the Spirit D. Remaining silent
4. **What happens when you remember your testimonies?** A. It weakens your faith B. It fuels your faith and strengthens courage C. It distracts you D. It causes confusion
5. **Why is encouragement considered a spiritual weapon?** A. It removes the need for prayer B. It numbs your spirit C. It positions you for divine instruction and recovery D. It helps you avoid responsibility

## Short Answer

6. **In your own words, describe what it means to “encourage yourself in the Lord.”**

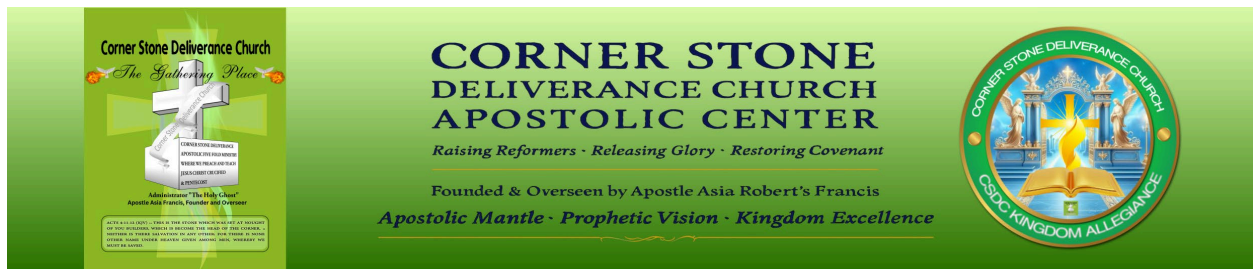
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**7. List two ways you can encourage yourself when you feel overwhelmed.**

- 1.
- 2.