

THROAT PUNCH

Pt. 2: Discouragement

Questions for further study and application:

Day 1 Being stuck in a state of discouragement can be destructive to your day, your relationships, and your future. When you're discouraged, you're not living your best life, and there's potential to negatively affect other people in your life. Don't let discouragement rob you of your energy, passion, and drive. Jesus does not want you to live your life constantly discouraged. Instead, be encouraged by remembering He only wants the best for you. Read Romans 15:4. Life has its challenges and it can be easy to get discouraged. Turn to God, and let Him be your encourager when you're feeling disheartened. Trust that He will fulfill His promises.

Day 2 It's normal to have feelings of discouragement. It's how you address them that makes the difference. You can try to cope by flopping on the couch and eating your way to contentment, or shopping, or drinking, or whatever vice you seek that gives you comfort. The only thing that will get you is even more discouraged. Instead, turn your attention to God; He encourages those that are discouraged. You can start to overcome discouragement by being on the lookout for encouragement. Read Nahum 1:7. God is orchestrating it all around you; the perfectly timed song, the phone call or text from a friend just when you need it, or maybe it's as simple as a smile from a stranger. Once you start noticing these small acts of encouragement, you'll begin to notice it more and more.

Day 3 To find encouragement on your own, you can read your Bible or even listen to the Bible using the YouVersion Bible. There, you can find reading plans tailored to your circumstances. Also, prayer is so important; you need to take time to talk to God. Read Psalm 138:3. He's always ready to listen and give you the encouragement you are seeking. Another way is to make sure to have people that are encouraging among your group of friends. Take a moment to reflect on who's in your life. If you find that you are surrounded by people that are always discouraged, your situation is unlikely to improve. Come to church on a regular basis to find other encouraging people to connect with. When you're in church consistently, you will not only find people that will encourage you; you also get to hear God's word each week and leave with a feeling of hope.

Day 4 Read Hebrews 3:13. With this verse, you're being taught to encourage others on a daily basis. When people are discouraged, they may be having a hard time seeing how God is working in their lives. God can use you to give them the encouragement they need to be confident that God is indeed working on their behalf. So, as you go through your day, whenever you think of something encouraging about someone in your life, take a second to send them a text, an email, or give them a call. Don't wait to do it because you will likely forget; your words can be exactly what they need to hear at that very moment. Challenge yourself this week that when you think it, you will say it to the person that needs to hear it.

Day 5 Sometimes, you may be the only person around that can provide encouragement. The enemy is quick to try to tear you down and make you second guess yourself. You have to learn to tune those negative thoughts out and learn to say to yourself that you are doing better than you think. Read Ephesians 2:10. Whenever you are doubting yourself, make this your go to verse to remind yourself that you are God's masterpiece. Throat punch discouragement by encouraging yourself. You are loved, you are chosen, and you are blessed by God. He is your loving Father, and He wants you to be full of hope and encouragement.

What's New?

From August 19 through August 25, Waters Edge is headed to West Virginia to help repair homes. We're partnering with Appalachia Service Project, a Christian ministry that inspires hope and service through volunteer home repair in Central Appalachia. Apply at watersedgechurch.net/appalachiamissionstrip.