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Encourage Yourself: Feeling The Pressure

Psalm 27:13-14 - *Yet I am confident I will see the LORD's goodness while I am here in the land of the living.* [14] *Wait patiently for the LORD. Be brave and courageous. Yes, wait patiently for the LORD.*

Philippians 4:13 - *For I can do everything through Christ, who gives me strength.*

Actively Putting Off The Lies And Accusations That Are Weighing Us Down And Putting On The Truth Of God

1 Samuel 30:1-6 - *Three days later, when David and his men arrived home at their town of Ziklag, they found that the Amalekites had made a raid into the Negev and Ziklag; they had crushed Ziklag and burned it to the ground.* [2] *They had carried off the women and children and everyone else but without killing anyone.* [3] *When David and his men saw the ruins and realized what had happened to their families,* [4] *they wept until they could weep no more.* [5] *David's two wives, Ahinoam from Jezreel and Abigail, the widow of Nabal from Carmel, were among those captured.* [6] *David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But David found strength in the LORD his God.*

Isaiah 45:9 - *"What sorrow awaits those who argue with their Creator. Does a clay pot argue with its maker? Does the clay dispute with the one who shapes it, saying, 'Stop, you're doing it wrong!' Does the pot exclaim, 'How clumsy can you be?'*

Psalm 25:16-17 - *Turn to me and have mercy, for I am alone and in deep distress.* [17] *My problems go from bad to worse. Oh, save me from them all!*

We Can Take Our Discouragement To God

Hebrews 4:14-16 - *So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe.* [15] *This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin.* [16] *So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*

1. **He Allowed For Himself To Experience His Emotions.**

2. **He Turned To God, Not His Agony.**

3. **He Made A Mindful Decision To Trust God.**

4. **He Found Strength To Move Forward.**

We Can Shift Our Focus From Personal Shortcomings To God's Power And Promises

1) **Hurt Into Hope**.
2) **Fear Into Fearlessness.**
3) **Pessimism Into Praise**.