

# How to Encourage Yourself

## Message Notes

### Intro

1. Have you ever wondered why when you get discouraged that another meal, another movie, another purchase does not fix the problem?
2. That's because we are more than a "body" and a "brain." Evolutionists believe that all you are is a body and a brain.
3. You are A SPIRIT. "God breathed into man the breath of life and man became a living "nepesh" (translated soul in KJV).
4. The child who died in 1 Kings 17:22 was raised from the dead when his "nepesh" (soul, inward life) came back into him: "And the Lord listened to the voice of Elijah. And the life (nepesh, soul) of the child came into him again, and he revived."

### Text: Ps. 103: 1-2

1. "Bless the Lord, oh my soul (nepesh), and all that is WITHIN ME bless His holy name."
2. Your spirit is where encouragement happens (not your body or your brain). The world tries to get encouraged by physical or mental stimulation.
3. David was totally discouraged at Ziklag. His enemies had raided the city in his absence and burned it to the ground. They took all of his army's families as captives. His soldiers were talking about stoning him.
4. "But David ENCOURAGED HIMSELF in the Lord His God" (1 Sam. 30: 6, KJV). He got off behind a rock somewhere and started telling his spirit man to rise up and praise the Lord. He started singing, "Bless the Lord, oh my soul, and all that is within me bless His holy name."

### III. The source of inner encouragement: "benefits"

1. "Bless the Lord, oh my SPIRIT MAN, and forget not all his benefits" (Ps. 103: 2). Your spirit man needs to focus on your BENEFITS. You need to speak out these 5 benefits every single day and "encourage yourself."
  1. "God is my SAVIOR" (v. 3). Lord, I call you my Savior today. I'm SAVED. I'm BORN AGAIN. You forgive all my sins and past failures. Jesus' blood on the cross has cleansed my spirit from the taint and the curse of sin.
  2. "God is my PHYSICIAN" (v. 4). Lord, I call you my doctor, physician, Healer. By the stripes at the whipping post sickness was removed from my body. No disease and curse can remain on my body. I will live a long life and fulfil my purpose.

3. "God is my DELIVERER" (v. 5). Lord, I call you my protector, my deliverer. You are my Ps. 91 protection. You help me to defeat all my enemies who rise up against me. I trample on demonic spirits who Christ defeated in the resurrection.
  4. "God is my FAVOR." Lord, I call you my favor, my crown of royalty. My spirit wears a crown of God's royalty and I am His special child. I have favor with God and favor with man. People look at me as blessed and highly favoured.
  5. "God is my SOURCE." Lord, you meet and satisfy ever need in my life. There is no want, no lack, no need. I am financially blessed, debt free, and able to bless many others financially. I return my tithe as a statement that you are my Source, not my job or my income. You RENEW MY YOUTH like an eagle so that the older I get the stronger I get.
2. How Paul and Silas "encouraged themselves"
1. "About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them" (Acts 16: 25)
  2. Their backs were beaten to a pulp, their feet and arms were extended into an uncomfortable position locked down in stocks. MISERABLE in the body and brain.
  3. Then, at midnight, they decided to start releasing encouragement from their SPIRIT MAN, their INNER MAN. They started to sing. The prisoners were listening as they started to sing:
    1. "I raise a hallelujah, In the **presence of my enemies;**
    2. I raise a hallelujah, **louder than the unbelief;** c) I raise a hallelujah, **my weapon is a melody;** d) I raise a hallelujah, **heaven comes to fight for me;**
    3. I'm gonna sing in the **middle of the storm,** louder and louder, you're gonna **hear my praises roar;**
    4. **Up from the ashes, hope will arise**
    5. **Death is defeated, the King is alive!"**

#### IV. Conclusion:

1. You are in this room and your are discouraged. You have tried the body and the brain approach. You stay discouraged.
2. You need the SPIRIT MAN approach. Give your life to Christ and let Him be your "Saviour, Healer, Deliverer, Favor, Source." It's a NEW WORLD.
3. If you want to change from the OUTER MAN approach to the SPIRIT MAN approach, this is the moment to do that.