

It is natural to become discouraged, but it is unhealthy to stay that way. Satan loves to utilize the 'giant' of discouragement to cast down our faith and progress.

The solution to discouragement is contained inside your Bible, found in one of the hundreds of promises God has given you. For example, you can claim Joshua 1:9, which says: "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Discouragement is the temptation to evaluate your momentary circumstances apart from the overarching plan of God for your life. God is a God of encouragement. As soon as you become discouraged, cry out to Him in prayer, and ask for His help. God wants to hear your prayers, and He *will* answer and bring encouragement to your soul and spirit.

Deuteronomy 1:21 "The Lord God of your fathers has spoken to you; do not fear or be discouraged."