



# JLH Women's Saturday Devotions

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## Encourage Yourself In The Lord

Sister. Joann Henriques

Sometimes life challenges can bring us down, causing even the most anointed Christians “per say” to doubt if God is in the midst of their situation. Have you noticed a sister in the Lord and said to yourself or others, “Wow, Sister so and so must not be going through anything,” she’s always encouraging others. Most of the time we have no idea what another person may be dealing with. Perhaps it’s could be the family, finances, or relationship issues. She may be struggling with the lost of employment, car repossession, a foreclosure, opposition, sickness or battling spiritual warfare. Whatever state she may find herself, she knows how to pick up and encourage herself in the LORD. ***(Philippians 4:11) Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: everywhere and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need.***

Several years ago, I had this strong unction to leave work early, but had no idea why, the Lord said “Leave.” When I arrived, my home was surrounded by policemen. The first thing came to my mind was my children, I left them in the care of my oldest cousin while I worked. I jumped out the car saying “where are my children,” I ran upstairs and discovered my children had left and was safe. My home had been raided and was completely destroyed, not a dish or curtain was in its place. All I could do was weep as the police explained what happened. I remembered looking up in my living room, seeing everything ruined, crying saying “Lord, I need you, what do I do now!” Oh how I wanted someone to hold me and say everything was going to be alright. Instead, I was mocked, ridiculed, told I was not a Christian and blamed for something I had nothing to do with. This was a moment in my walk all I had was Jesus Christ, my God! Who promised never to leave me and restored my joy and peace.

In 1 Samuel 30, King David and his brethren reached home to Ziklag to find out the Amalekites raided their village, kidnapping their women, sons and daughters, burning their property. David and the people all lift their voices and wept in agony and after all the weeping you would think they would come together and ask how should we get our families back. Instead the people were in distress and wanted to stone David. How quickly people are for you one moment and later turn against you, apparently they had anger dwelling in their hearts to forget the fellowship they just had with each other as they came home to the same turmoil. No one thought about David’s pain as he was hurting the same way they were and worried about his loved ones. Instead they all became selfish, prideful and no one else mattered but them. David had the right mind set, humbling himself, asked for his prayer shawl and laid before the Lord to encourage himself. My mom would always tell me, “two wrongs won’t make it right, be the one to make it right.” Imagine what would have happened if David began to latch out in anger towards the men, would anything been resolved? ***Proverbs 15:1 A soft answer turns away wrath, But a harsh word stirs up anger.*** David realized, being angry was not going to solve anything, he humbled himself and put his trust in God, the Lord honored his request and David recovered everything the enemies took from him, Amen.

There will be times you may feel no one cares or understands and think you have no one to talk to, you have to get up, go to the Lord and encourage yourself in Him. It’s shocking how we limit ourselves and don’t enquire of the Lord what to do in our circumstances. Instead, some rather take the easy way out and invest in a palm reader, horoscopes, illicit drugs, alcohol and sex or the social media to name a few for support. Most of the time after exposing the negative life style or sharing the mistakes to the others, the social media groups did not have the answer of refuge. Social media has its pros and cons but if we look to it only for help we are seeking the wrong thing. You can only find the answers in Jesus, ***(Psalm 121:1-2) I will lift up my eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth.***

Do we need to encourage ourselves all the times IN THE LORD? Yes, we should. David enquired in the Lord more than once and when he didn’t he got in trouble. No matter on this journey, we need to go to the Lord for everything. If it’s a job, relationships, going certain places, the clothes we wear, the church we attend, ministry, a car, house etc.... YES, YES, and YES, we need to encourage ourselves in the Lord and wait for an answer! Think about the last time you didn’t enquire in the Lord and what happened? The outcome was not good and because we have such a merciful God, he gives us another chance to get it right. Encourage yourself in the Lord. Enquire of Him, He will have the answer. Love ya and God Bless.

***Proverbs 3:5-6 Trust in the Lord with all thine heart, and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy path.***