

Strategies For Sustained Encouragement

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Read and Memorize Psalm 42

1As the hart panteth after the water brooks, so panteth my soul after thee, O God.

2My soul thirsteth for God, for the living God: when shall I come and appear before God?

3My tears have been my meat day and night, while they continually say unto me, Where is thy God?

4When I remember these things, I pour out my soul in me: for I had gone with the multitude, I went with them to the house of God, with the voice of joy and praise, with a multitude that kept holyday.

5Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.

6O my God, my soul is cast down within me: therefore will I remember thee from the land of Jordan, and of the Hermonites, from the hill Mizar.

7Deep calleth unto deep at the noise of thy waterspouts: all thy waves and thy billows are gone over me.

8Yet the LORD will command his lovingkindness in the day time, and in the night his song shall be with me, and my prayer unto the God of my life.

9I will say unto God my rock, Why hast thou forgotten me? why go I mourning because of the oppression of the enemy?

10As with a sword in my bones, mine enemies reproach me; while they say daily unto me, Where is thy God?

11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

Psalm 42 Action Steps

1. Talk to yourself out loud and let God hear you. Ask yourself why are you discouraged. God will help you find the answer and the root cause.
2. Tell yourself to hope in God. The Lord loves you with an everlasting love. He has the answer to your need. He is your provider, healer, counsellor, lawyer, peace maker. Tell yourself no matter what the eternal circumstances are, that God will deliver, provide, protect heal and give peace.
3. Praise God even before you are encouraged, as an act of gratitude, faith and hope. (Privately and publicly) As you begin to praise God you will be encouraged.

Encouragement Maintenance

1. Learn and say the names of God out loud to encourage yourself of who He is and that He is your best friend. You can also pray, sing and dance these names.
<http://christianity.about.com/od/biblestudyresources/qt/namesofgodjesus.htm>
2. Listen to the Bible on cd, the computer and any portable listen devices.
<http://www.biblegateway.com/resources/audio/>

God bless you and enjoy the praise dance life,
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