

## The Strength of Encouragement by Ps Tony Cassell

**Psalm 119:105 NKJV** Your word is a lamp to my feet and a light to my path.

**Matthew 24:35 NKJV** Heaven and earth will pass away, but My words will by no means pass away.

**John 1:14a NKJV** And the Word became flesh and dwelt among us,

🥲 In moments of tremendous stress, when we don't know what to do next, when you are overwhelmed; no matter what you are going through – you have to keep going, keep moving, in faith 🙏🙏🙏🙏

**Acts 15:30–34 J.B. Phillips** So this party, sent off by the Church, went down to Antioch and after gathering the congregation together, they handed over the letter to them. And they, when they read it, were delighted with the encouragement it gave them. Judas and Silas were themselves both inspired preachers and greatly encouraged and strengthened the brothers by many talks to them.

*“One of the highest of human duties is the duty of encouragement...It is easy to laugh at men's ideals; it is easy to pour cold water on their enthusiasm; it is easy to discourage others. The world is full of discouragers. We have a Christian duty to encourage one another. Many a time a word of praise or thanks or appreciation or cheer has kept a man on his feet. Blessed is the man who speaks such a word.” William Barclay*

Encouragement means to come alongside someone, to be a helper

**John 14:16 AMP** And I will ask the Father, and He will give you another Helper (Comforter, Advocate, Intercessor—Counselor, Strengtheners, Standby), to be with you forever—

**Hebrews 13:22 AMPC** I call on you, brethren, to listen patiently *and* bear with this message of exhortation *and* admonition *and* encouragement, for I have written to you briefly.

👏 We are being Christ-like when we come alongside others and encourage them  
Encouragement is also “exhortation” – making an appeal to someone

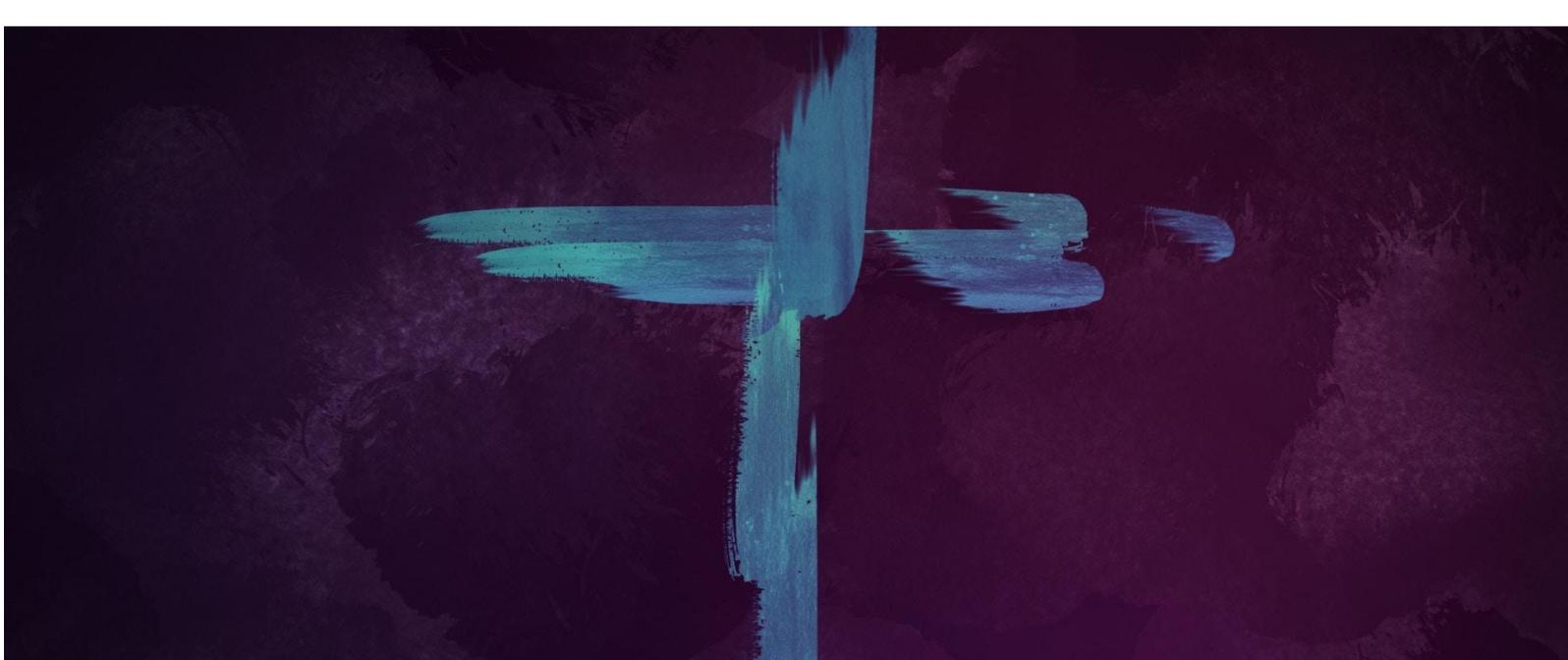
The best life you can live is the life of serving Christ in Christ-like fashion  
Live the life God wants you to live!!

🙏 Discouragement comes to everyone in life

It is designed to get you to give up, to quit

YOU allow yourself to get discouraged, YOU allow yourself to sink into the mire of discouragement, and when you do – everything you've built up will fall to pieces – don't allow it

**Hebrews 12:1b NKJV** and let us run with endurance the race that is set before us



Life is like a race:

- when you start you start fresh, excited
- after a while you get tired, excitement wears off, muscles start to hurt, it gets tougher



BE ENCOURAGED TO KEEP ON GOING

Discouragement is not something that happens to you, it's something you become

Reasons for getting discouraged:

1. Because of the Way

**Numbers 21:4 AMPC** And they journeyed from Mount Hor by the way to the Red Sea, to go around the land of Edom, and the people became impatient (depressed, much discouraged), because [of the trials] of the way.

- Life is a journey, a time between
- Many unplanned things happen
- One thing you need to understand: Life is not always going to go the way you want it to go

2. Unfulfilled Expectations

- Causes disillusionment

3. Unexpected Attacks

- Health, finances, loss, etc

**1 Peter 5:8-10 MSG** Keep a cool head. Stay alert. The Devil is poised to pounce, and would like nothing better than to catch you napping. Keep your guard up. You're not the only ones plunged into these hard times. It's the same with Christians all over the world. So keep a firm grip on the faith. The suffering won't last forever. It won't be long before this generous God who has great plans for us in Christ—eternal and glorious plans they are!—will have you put together and on your feet for good. He gets the last word; yes, he does.



Keep on moving in faith

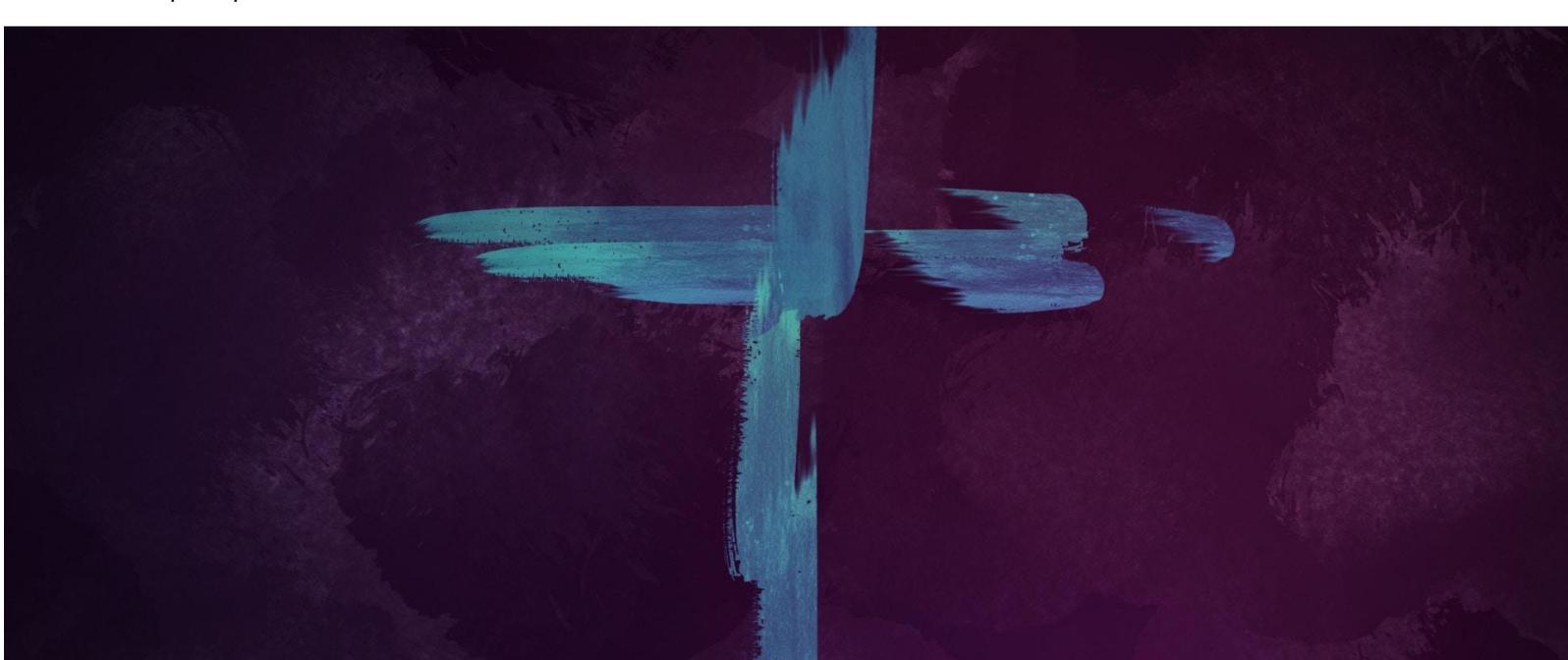


We need to know how to encourage ourselves, and encourage others

*"Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I will not forget you. Love me and I may be forced to love you."* William Arthur Ward



How can I stay in a place of being encouraged? By being connected to the right people



**Job 16:2 MSG** I've had all I can take of your talk. What a bunch of miserable comforters!

**Hebrews 10:24-25 AMP** and let us consider [thoughtfully] how we may encourage one another to love and to do good deeds, not forsaking our meeting together [as believers for worship and instruction], as is the habit of some, but encouraging *one another*; and all the more [faithfully] as you see the day [of Christ's return] approaching.

We all have hard times, God gives us the strength to overcome – God is for us and not against us

**Hebrews 2:18 ESV** For because he himself has suffered when tempted, he is able to help those who are being tempted

**Hebrews 13:5-6 AMP** Let your character [your moral essence, your inner nature] be free from the love of money [shun greed—be financially ethical], being content with what you have; for He has said, "I will never [under any circumstances] desert you [nor give you up nor leave you without support, nor will I in any degree leave you helpless], nor will I forsake or let you down or relax My hold on you [assuredly not]!" So we take comfort and are encouraged *and* confidently say, "The Lord is my Helper [in time of need], I will not be afraid. What will man do to me?"



In your discouragement, satan will try to get you to quit on God

**John 6:53,68 NKJV** Then Jesus said to them, "Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Then Jesus said to the twelve, "Do you also want to go away?" But Simon Peter answered Him, "Lord, to whom shall we go? You have the words of eternal life.



In your discouragement you start to talk blame and defeat

**Matthew 12:37 MSG** Words are powerful; take them seriously. Words can be your salvation. Words can also be your damnation."



Keep speaking God's Word

**1 Samuel 30:6 AMP** Further, David was greatly distressed because the people spoke of stoning him, for all of them were embittered, each man for his sons and daughters. But David felt strengthened *and* encouraged in the Lord his God.



Encouragement is like a peanut butter – the more you spread it around the more it sticks together



Have Stickability – an example is a stamp that stays put on an envelope until long after it has reached its destination

