

An Instant Cure for Discouragement

by Sherry Jones

As the children of Israel journeyed in the wilderness, the scripture says in Num. 21:4, “The soul of the people was much discouraged because of the way.” Discouragement will get us off track. Just think what the children of Israel could have focused on as they journeyed through the wilderness. God had delivered them from Egypt with a mighty hand and opened the Red Sea so that they could cross over on dry ground. God provided them with a pillar of cloud by day and fire by night. He gave them fresh manna every day and provided water out of the rock. For the entire forty years they wandered in the desert, their clothes and shoes did not wear out. In spite of all of these supernatural manifestations of God’s provision, they still became discouraged because they looked at “the way.” Does this sound familiar?

Instead of getting discouraged because of the way, we’ve got to encourage ourselves by looking at what God has done. How do we encourage ourselves?

- 1) We continue to *hear* the Word. Romans 10:17 says, “So then faith cometh by hearing, and hearing by the word of God.” Our attitude toward God’s Word will determine the outcome of the challenges we face.
- 2) We continue to *believe* the Word. Mark 9:23 declares, “Jesus said unto him, If thou canst believe, all things are possible to him that believeth. The Beck Translation says, “Everything is possible for a believer!” In that case, statements like “I can’t, I won’t, and I never will,” should never exist in our vocabulary.
- 3) Continue to *speak* the Word. Hebrews 4:14 states, “Seeing then that we have a great high priest, that is passed into the heavens, Jesus, the Son of God, let us hold fast our profession.” Rev. Kenneth E. Hagin said, “If you’re not happy with what you have in life, check up on what you’ve been saying.”
- 4) Continue to *go* to the throne of grace. Hebrews 4:16 says, “Let us come boldly unto the throne of grace, that we may obtain mercy and find grace to help in time of need.” We will find help in God’s presence as we ask according to the Word and we ask in faith.
- 5) Continue to *offer* the sacrifice of praise. Hebrews 13:15 says, “By him therefore let us offer the sacrifice of praise to God continually, that is the fruit of our lips giving thanks to his name.”

We don’t have to be discouraged because of the way. But we can choose to encourage ourselves in the Lord and experience God’s best.