

embrace.

Word Sharing Manuel

23.02.2025

Encourage yourself

Psalms 42 : 1 - 11

¹As the deer pants for streams of water, so my soul pants for you, O God. ²My soul thirsts for God, for the living God. When can I go and meet with God? ³My tears have been my food day and night, while men say to me all day long, "Where is your God?" ⁴These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng. ⁵Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and ⁶my God. My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon --from Mount Mizar. ⁷Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. ⁸By day the LORD directs his love, at night his song is with me-- a prayer to the God of my life. ⁹I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" ¹⁰My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?" ¹¹Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Focus Points

- When difficulties arise, we must encourage ourselves and overcome them. That's faith.
- -"You are doing well right now! How proud I am of you! Yes! You can do it!"

In life, there are times of disappointment.

- But we must not give up hope.
- -This is also part of fulfilling God's precious purpose.

- Even those who contemplate suicide can overcome despair and become great people if they hold onto hope!

The background of the passage: The psalms written by David while fleeing

- A situation of life-threatening danger and suffering
- David, amid the fear, pain, and disappointment that burn his bones, encourages himself, calling out, "My soul!"
- He shouts, "Look to God and rise up!"

We have the greatest encourager. It is God.

[Questions]

1. What difficulties are you facing these days?
2. What efforts have you made to overcome these difficulties?
3. Have you ever experienced failure despite your efforts?
4. How can we encourage ourselves through today's message?
5. How will you encourage yourself this week? Write it down.

Application

1

2

3



Thanks giving prayer point

1

2

3



Sermon Note

Weekly Check

Walking daily with God in the life given to us, and building the kingdom of God.

Bible meditation ☐ Mon ☐ Tue ☐ Wed ☐ Thur ☐ Fri ☐ Sat ☐ Sun

Name

prayer date ☐ Mon ☐ Tue ☐ Wed ☐ Thur ☐ Fri ☐ Sat ☐ Sun

Belonging