



Strong And Courageous

Text: Joshua 1:1-9

When God Says Don't Be Afraid Or Discouraged:

- He is about to calm your storm!
- He is going to resurrect some dead things in your life!
- He will bring you out of the wilderness and INTO your Promised Land!

It takes COURAGE to trust God when we don't see anything changing!

Four Thoughts That Will Help You Move Forward:

1. You are not alone in facing fear and discouragement. I Kings 19, Esther 4:14, Job 42:10, Matthew 26:75
 - We all experience it.
 - There is no shame in it.
 - We are human and it is a part of life.
 - God is with us, and He will not fail us—and He will give us the grace we need when we CHOOSE to take that step of courage. Psalm 34:18
 - Grace is God's strength, ability, and power working IN US to do what we cannot do.
2. Be honest with God and with yourself. Psalm 56:3-4
 - Talk freely to God about ANYTHING.
3. Refuse to FEED fear and discouragement. I Corinthians 10:5, I John 4:18, Romans 8:6
 - The way you feed fear and discouragement is by meditating on the negative thoughts and lies.
 - Meditate means to focus on, to reflect on and to ponder over.
 - STARVE the negative thoughts—and CHOOSE to meditate on what God says about you.
4. Learn how to encourage yourself. I Samuel 30:5, Ecclesiastes 11:10
 - Read the Bible and IT will bring great encouragement to you.
 - PUT OFF the garment of heaviness and discouragement and PUT ON the garment of praise and thanksgiving.

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