

# Encourage Yourself

*Dallas Siggelkow*

**Questions:** If you've backpacked or hiked, have you done it solo? If not, why not? If you haven't backpacked or hiked, would you consider going solo? Why or why not?

**Questions:** Are you by nature a "glass half full" person or a "glass half empty" person? What is the most extreme example you've experienced of this playing out in your life?

**Discouragement is a disease unique to human beings, and it's universal – eventually everyone gets it.**

Rick Warren

Discouragement is caused by:

- Failure
- Fatigue
- Frustration
- Fear

**Question:** Which one of these have you experienced most often?

**Read** 1 Samuel 30

**David encouraged himself in the Lord his God.**

**Positive words are so difficult to remember.  
Negative words are so difficult to forget.**

Craig Groeschel

**Questions:** What do you think the difference is between positive self-talk and encouraging yourself in the Lord? What are some Psalms that David wrote demonstrating this?

**You encourage yourself in the Lord with:**

- Truth  
What does the Bible reveal about God's character?
- Identity  
Who does God say you are?
- Worship  
"If for some reason you can't seem to sense what to do in a given environment, worship. When in doubt, always worship." Bill Johnson
- Holy Spirit  
Read 1 Corinthians 14:2-4

**Question:** What would you add to this list?

**Read** Hebrews 3:13

**If you think something good, say it.**

Craig Groeschel

**Question:** Who and how will you encourage someone today?