

Shake off Discouragement

By André and Jenny Roebert



Did you know that Jesus said we would face various trials and hardships in this life and many opportunities to become offended and hurt. He told us to constantly be on the lookout concerning these things because they have the power to destroy the faith, peace and joy in our lives.

If we don't know how to respond to the moments of disappointment, betrayal, hurt and rejection in our lives, they will produce discouragement and despair.

Discouragement is a cancer to the soul and has the power to immobilise and paralyse our emotions and will. It draws a black curtain of despair over our hearts and consumes our thoughts with fear. It is a dream killer and faith destroyer. But it doesn't have to have the upper hand in our lives! The Word of God gives us clear, simple instructions on how to respond to the negative circumstances we face in life. When we apply these instructions, we actually shake off discouragement and fill our lives with supernatural faith, peace and joy!

Philippians 4:6, says, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

The Word is clear on the fact that we are not to be anxious about our circumstances. Instead, we are to bring every concern to the Lord.

Prayer and Supplication...

The word "prayer" in the New Testament is made up from two Greek words. "Pros" - a preposition that means toward, which can denote a sense of closeness, up-front, intimate contact with someone else. It implies that when we pray, we do it from a position of confident, face to face intimacy with our Heavenly Father. In the book of Hebrews, it tells us to come boldly into His throne room of grace in our time of need.

In Greek, the word supplication is "deisis", meaning to earnestly appeal. A scripture that clearly relates to this kind of prayer is found in James 5:16, "... The effectual fervent prayer of a righteous man availeth (has great value and brings much profit) much." It is a prayer that is specific, passionate, heartfelt and sincere. It's the direct, purposeful prayer that requires you to boldly and confidently come before The Lord on the authority of what His Word says concerning you.

The second part of the word prayer in the Greek, is "euche". It is an old Greek word that conveys the idea of a person laying down their request before God in exchange for an answer to prayer.

So, to shake off discouragement, we are to come closer to the Lord in prayer. Once we are in that face-to-face, intimate place with Him, an exchange can be made. At His feet, lay down every concern, and expect His peace.

With Thanksgiving...

Just as much as God expects us to approach Him with boldness and confidence, He expects us to do it with a spontaneous, heartfelt attitude of thankfulness on the merit of who He is.

As we thank Him, He infuses our hearts and minds with His supernatural peace and strength that expels all discouragement while keeping us secure in the truth of His promises.

Take Philippians 4:6 to heart today, shake off discouragement and be empowered by God's supernatural peace that will guard your heart and mind in Him.

André and Jenny Roebert are the pastors and co-founders of River Ministries situated in East London, South Africa, incorporating various ministries, each geared to spread the Gospel of Jesus Christ around the nations of this world.

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