

# LifeCode

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## UP WORDS: ENCOURAGEMENT

"It's a rare person who does not get discouraged."

*Anxiety in the heart of man causes depression, but a good word makes it glad.* —PROVERBS 12:25 NKJV

Anxiety disrupts many things in our world and we have to keep it in check. Today more than ever, People are seeking medical treatment for anxiety attacks and disorder. Discouragement robs us vitality and usefulness to God and others.

### Why do we get discouraged?

D-Days: Difficulties  
Disappointments  
Delays  
Disagreements  
Demands  
Displacement

## HOW TO DEAL WITH DISCOURAGEMENT

### Refuel Your Mind

*Whoever loves instruction loves knowledge, but he who hates correction is stupid.* —PROVERBS 12:1 NKJV

Too often, discouragement occurs when we live on the "fumes" of an unfueled life. One way to deal with discouragement is to fuel your mind with truth, instruction and correction.

### Retrace Your Steps

*A man is not established by wickedness, but the root of the righteous cannot be moved.* —PROVERBS 12:3 NKJV

"A clear conscience is usually the sign of bad memory."  
—STEVEN WRIGHT, Comedian

You can't find firm footing in a swamp, but life rooted in God stands firm. —PROVERBS 12:3 MSG

### Refocus Your Energies

He who tills his land will have plenty of bread, but he who pursues worthless things lacks sense. —PROVERBS 12:11

Meaningful activity can be a great antidote to a discouraged heart. This is not about denial, but about finding some area of life for productivity.

### Review Your Words

"The first rule of holes: When you're in one, stop digging."  
—MOLLY IVINS

God's Word provides "fresh voltage" to a discouraged heart, especially passages found in Psalm, Proverbs, James and 1 Peter. Read the Bible regularly, repeatedly and reflectively. Prayer and a good devotional book can also provide encouragement. Encouragement is expression that inspires and enables others to maintain peak performance even when life is hard.

### Reform Your Relationships

A righteous man is cautious in friendship, but the way of the wicked leads them astray. —PROVERBS 12:26 NIV

Do you associate with people who encourage you or bring you down? Are you a member of a church where true encouragement occurs to help you overcome tests, trials and temptations?

### Refresh Your Body

Stress wears on the mind and the body. When you are discouraged, you can gain courage through needed rest.

### Reclaim Your Faith

"God knows how to get you out of trouble; He hasn't forgotten how to part the sea." —LYNNE BUNDESEN

Life is the way of righteousness (moral and spiritual rectitude in every area and relation), and in its pathway there is not death but immortality (perpetual, eternal life).

—PROVERBS 12:28 AB



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