

"THE GOD WHO CHALLENGES AND ENCOURAGES"

It is easy to lose heart when we face challenges.

However, if there is the right balance between challenge and encouragement individuals feel empowered to grow, develop their full potential and achieve their goals.



What would happen if a baby who wants to start walking gets no encouragement to stand?



What would happen if a puppy were punished every time he wees in the house during housetraining?



How would a sports team react if their coach took them to their first game with the top premier league team?

Encouraging and challenging an individual means providing support and motivation whilst also pushing them to grow and step outside their comfort zone.

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Life is full of challenges



Challenges can help us realise our need for God. As we rely on God more, our faith in Him grows stronger.

Challenges can help us learn to trust God. As we trust God more, our faith in Him becomes steadfast.

Challenges can help us to develop perseverance. As we persevere our faith in God grows stronger and we become more resilient.

How does God challenge and encourage us?

1. **Pray.** Talk to God about the challenges and ask for His help. He knows what you're going through, and He cares. He wants to give you the strength and wisdom you need to overcome.
2. **Read the Bible.** The Bible is full of stories of people who faced challenges and overcame them. Let the stories of these people encourage you and give you hope.
3. **Talk to a trusted friend or counsellor.** Sometimes it helps to talk about our challenges with someone who can understand and support us. A friend or counsellor can offer you encouragement and advice.
4. **Take care of yourself.** Make sure you're getting enough sleep, eating healthy foods, and exercising regularly. When you take care of yourself, you're better able to cope with challenges.
5. **Remember that you're not alone.** There are other people who are going through challenges too. Remember that you're not alone and that there is support available to you.



For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.

Romans 15:4

So, speak encouraging words to one another.

Build up hope so you'll all be together in this,

No one left out, no one left behind.

I know you're already doing this; just keep on doing it.

E₁ N₁ C₃ O₁ U₁ R₁ A₁ G₂ E₁ M₃ E₁ N₁ T₁

My friends, consider yourselves fortunate when all kinds of trials come your way, for you know that when your faith succeeds in facing such trials, the result is the ability to endure.

James 1 v 2-3

Dear God,

Help me to see challenges as opportunities to learn and grow in my faith. Help me to trust that you have a plan for me, even when I don't understand what it is. Give me the strength and wisdom to persevere through challenges and help me to come out on the other side stronger and more resilient.

I pray for others who are suffering, and I ask that you give them strength and hope. I pray that you would use their challenges to draw them closer to you and to help them grow in their faith.

Thank you for your love and your faithfulness. I trust that you will never leave me or forsake me. Truth sustains and encourages me. I will rest in Your presence whatever my situation. You are my strong tower. I pray in the name of Jesus. Amen.

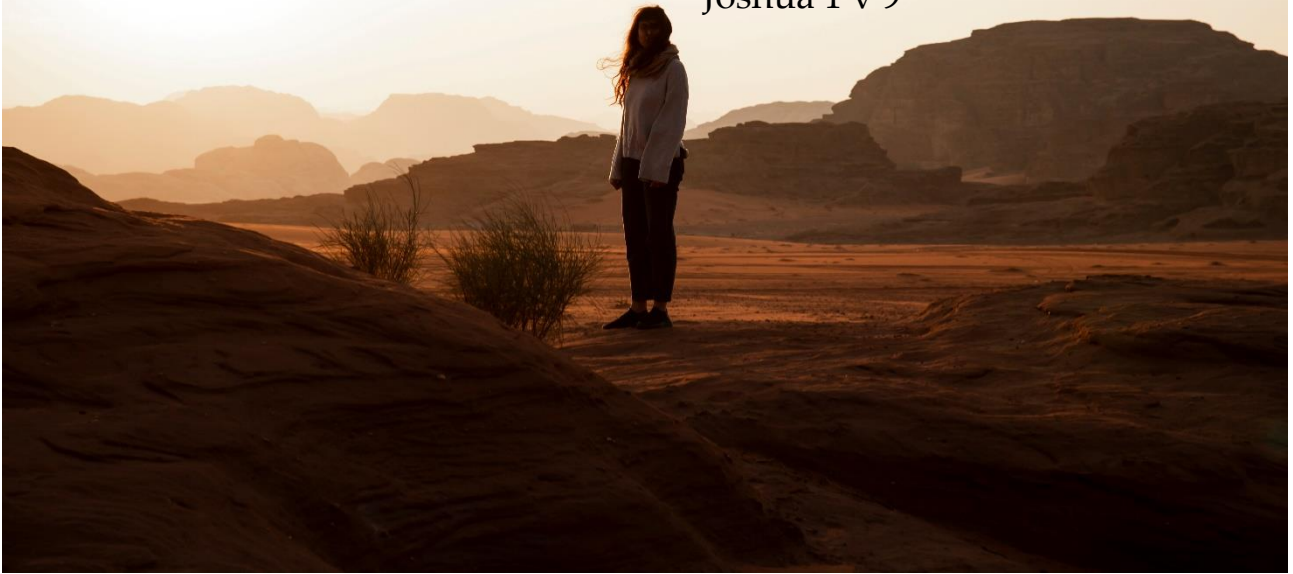


**Do not fear, for I am with you;
Do not anxiously look about you, for I am your God.
I will strengthen you, surely I will help you,
Surely I will uphold you with my righteous right hand.
Isaiah 41 v 10**

Have I not commanded you? Be strong and courageous.

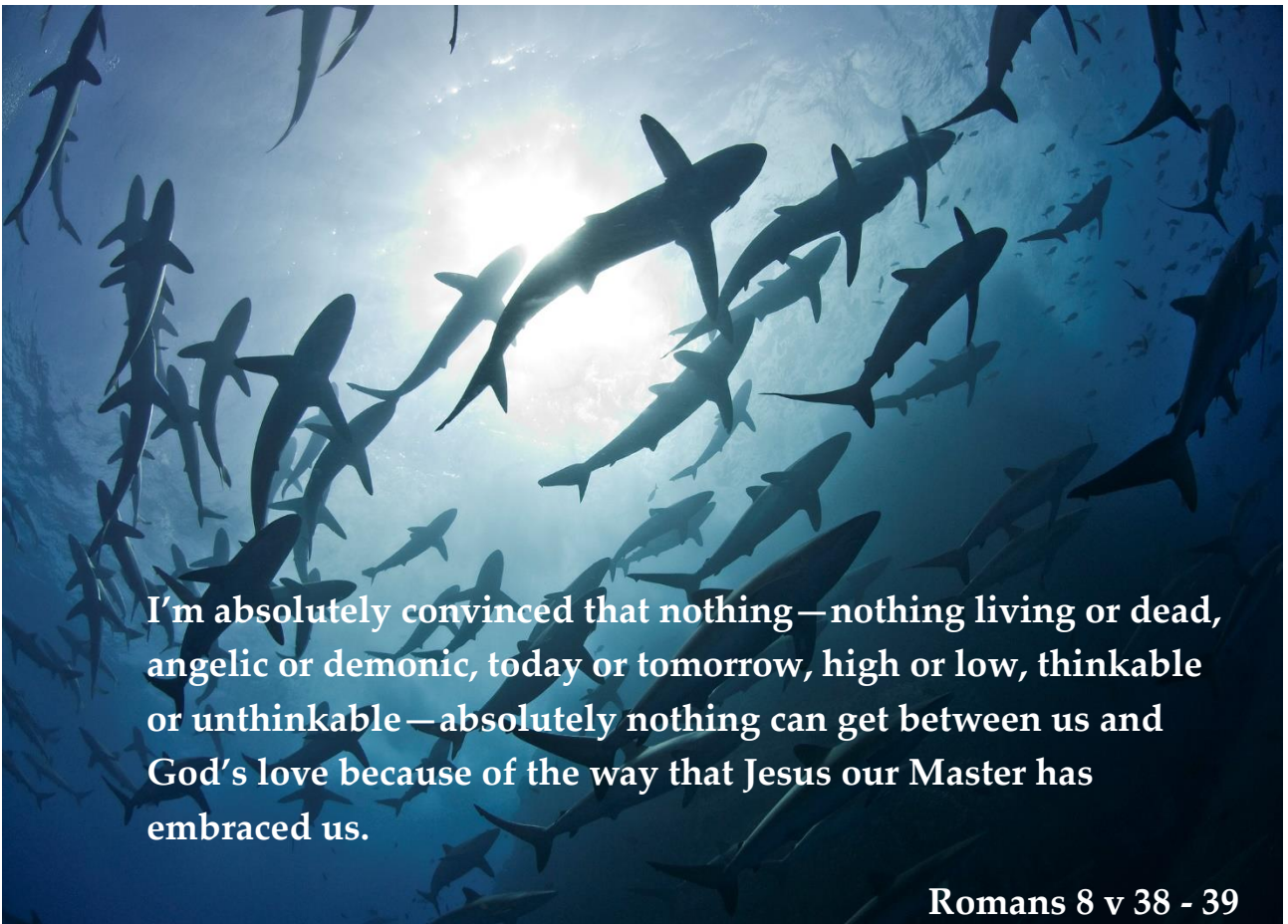
Do not be afraid; do not be discouraged,
for the Lord your God will be with you wherever you go.

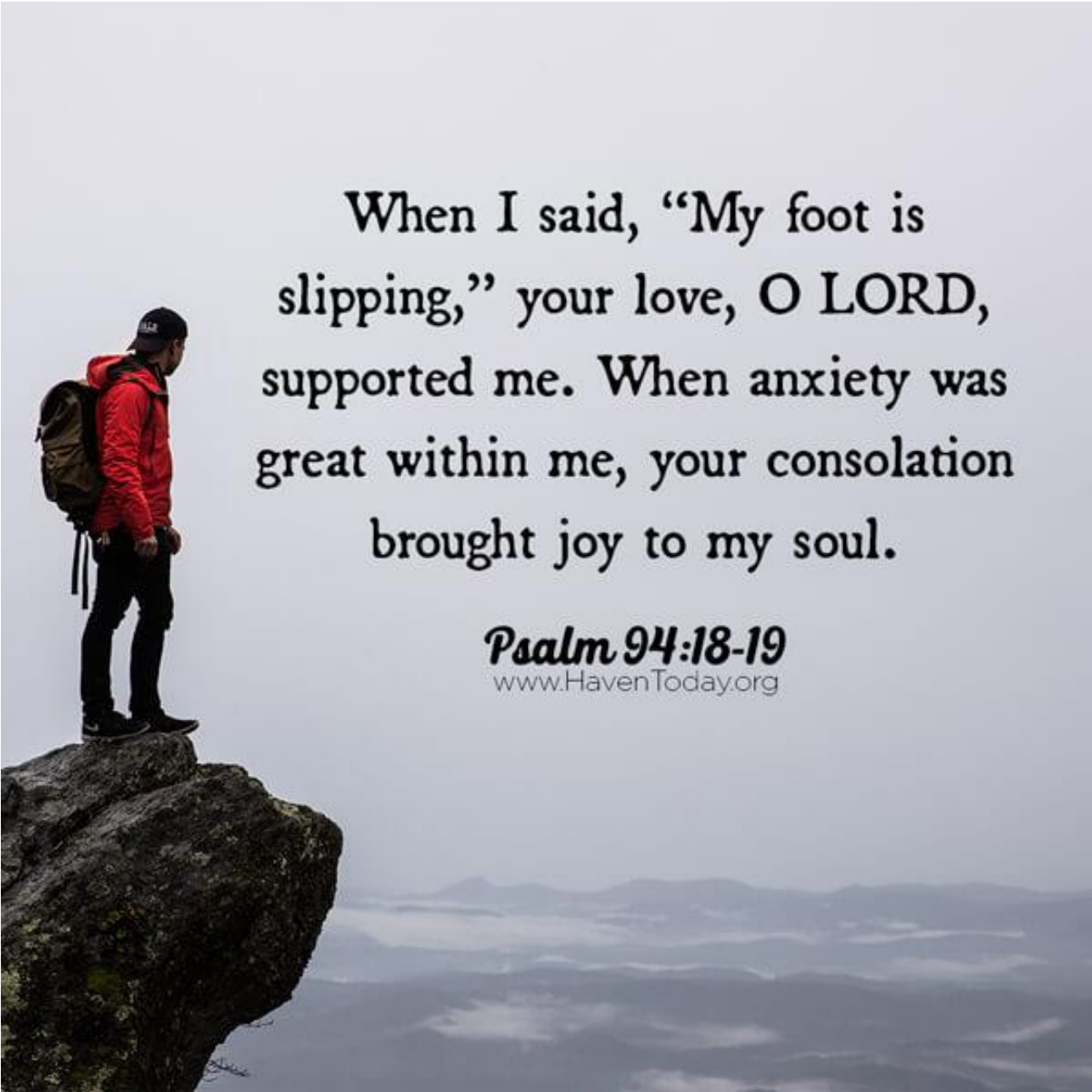
Joshua 1 v 9



I'm absolutely convinced that nothing—nothing living or dead, angelic or demonic, today or tomorrow, high or low, thinkable or unthinkable—absolutely nothing can get between us and God's love because of the way that Jesus our Master has embraced us.

Romans 8 v 38 - 39





When I said, “My foot is
slipping,” your love, O LORD,
supported me. When anxiety was
great within me, your consolation
brought joy to my soul.

Psalm 94:18-19
www.HavenToday.org



But now don't be discouraged, any of you. Do the work, for I am with you. When you came out of Egypt, I promised that I would always be with you. I am still with you, so do not be afraid.

"Before long I will shake heaven and earth, land and sea. I will overthrow all the nations, and their treasures will be brought here, and the Temple will be filled with wealth. All the silver and gold of the world is mine. The new Temple will be more splendid than the old one, and there I will give my people prosperity and peace." The Lord Almighty has spoken.

Haggai 2 v 4-9

God has something to say to His people in trying times. He wants to give us a word of encouragement; He wants us to stay strong.

This was the message He brought to His people through the prophet Haggai. The year was 520 BC, and many Jewish people had just returned to Judea from exile. The people were busy rebuilding their homes and the temple of God. And then, suddenly, their world changed. Opposition from outside the community threatened their progress, and the people became discouraged. The temple construction stopped. God's people were filled with uncertainty and apprehension.

God knows what you've been through. He knows how you feel. He knows what you need. He doesn't gloss over what's happened. He doesn't sugarcoat your crisis or the problems you're going through. He simply says, "Be strong, for I am with you."

This is the secret to encouragement. When you feel alone, when you experience doubt, when you are struggling to trust, hear the voice of the Lord saying, "I am with you. Be strong, be courageous, for I will surround you on all sides. I promise that I will be your strong tower in the day of battle. In the world you will have trouble, but take heart, I have overcome the world."

KNOW THAT GOD HAS WON. STAY ENCOURAGED!