



Have You Ever Felt Discouraged?

Have you ever felt unsure of what to do?

“ ‘For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’ ” (Jeremiah 29:11, NIV)

IDEAS FOR REFLECTION

Are there times it looks like you have no way out of your current situation? What do you do when you feel discouraged? Do you wallow in self-pity or do you face the obstacles that stand in your way as the three men tossed in the fire did?

JOURNAL YOUR THOUGHTS

Ask yourself the same question King David asked, “Why are you cast down, O my soul?” And then – remind yourself to hope in God! Write down three ways that you can encourage yourself today.

MY PRAYER

Lord Jesus, I choose to hope in you today. Remove the scars of yesterday, and turn them into stars for tomorrow. Show me how to walk through the fire without even smelling like smoke. I am ready to learn how to walk victoriously through every situation.

For further studies on this subject and others like it, please visit: www.LeslieMcNulty.com, Life & Spirituality TV – Episode 16B—Hope.