

A Note of Encouragement From Fred Coulter

Matthew 10:29-31

31. Are not two sparrows sold for a coin? And yet not one of them shall fall to the ground without your Father taking account of it.

30. But even the hairs of your head are all numbered.

31. Therefore, do not be afraid; you are better than many sparrows.

(A Faithful Version)

Dear brethren,

In this life we will all experience times of trouble and difficulties. You may have lost your job, you or a loved one is suffering from disease and maybe he or she has died because of the illness. Maybe you have found yourself in a physical situation that has become unbearable, and you feel it will never end. These times can leave us feeling utterly hopeless and full of despair. In these times we may feel our lives have no meaning. And that God has turned his back on us and has not heard our cry for help. It is in these times that God is nearest to us. God will always hear our cry. His answer and timing may not be what we expect. Know that God is always with us in the good times and the bad.

He will never leave you nor forsake you.

It is in these times that prayer, study, meditation, and fasting are most important. When you are in the darkest moments of your difficulty, remember to put God first. Pray and ask God for encouragement. Tell him you are tired and weary from the fight. Ask God to hold your hand and renew your hope and spirit. Remember the promises of his kingdom and our future in it.

We will endure hardships, repent, draw close to him and **keep the faith once delivered if we are going to be there.** It is in these times that it is most important that you put your trust in God and in God alone.

These times will not last forever. There is a light at the end of the tunnel. Place your hope in God and the promise of eternal life in his kingdom which is forever.

The Almighty God is our only source of hope when our spirit is weak. When you find yourself without hope, ask him to renew your spirit as David did and he will. Trust in his loving kindnesses and his promises always. Know that nothing is impossible for our God.

God is familiar with your situation, and He has a way out for you. He will not put you through anything too difficult for you to handle when you trust in him. Pray, “your will be done in my life” and always put your faith in God and his unfailing love for you as his son or daughter. Remember, God has a purpose for you and is working it out. When you feel overwhelmed with negative moods of despair and depression which we all may do at times, ask God to rebuke Satan’s attempts to get you off track. Ask God to always help you “guard the door of your mind”. Ask him to come to your rescue and set you free from this despair.

Let your heart meditate on his promises. Let the Holy Spirit comfort you and be your guide and lead you in all you do. Ask God also to guide your thoughts and fill your heart with his positive thoughts and love which endures forever. Again, ask God to cleanse your mind of any doubts you may be having that his power, his faithfulness, and his presence is not there in your life. Ask God to create in you a heart that yearns for his truth always. Ask for a love of the truth and seek it diligently. Ask God to give you the peace which comes from Christ. Depend on and trust in God at all times. Pray, study, meditate and fast. These will draw you closer to God. There will not be room for despair, doubt and worry if you do these things. Again, ask God to renew your spirit and help you put out negative thoughts. One way to do this is to read the psalms daily and meditating on the good, right, and pure things of God, this will keep out the negative thoughts of doubt, anxiety and despair. When you are at your lowest point and feel hopelessness, ask God, for his guidance.

Above all, don’t give up or give in! Stay the course, be strong and of good courage!

Always remember that God loves you above all things and that you are his sons and daughters. He will not forsake you nor never leave you, what can man do to you if you are in his loving care.

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