

# Who Are You Listening to?

ARE YOU EVER TEMPTED TO FEEL DISCOURAGED WITH YOURSELF? PERHAPS YOUR MOM REMINDED YOU FOR THE MILLIONTH TIME TO FOLD YOUR CLOTHES BEFORE PUTTING THEM AWAY? OR YOU FIND IT DIFFICULT TO REMEMBER TO COUNT YOUR BLESSINGS WHEN YOU'RE JUST NOT FEELING GRATEFUL?

AT SUCH TIMES IT CAN BE EASY TO THINK NEGATIVELY ABOUT YOURSELF OR OTHERS.



BUT DID YOU KNOW THAT JESUS WANTS YOU TO BE FILLED WITH HOPE AND NOT DISCOURAGEMENT? THAT'S TRUE EVEN WHEN IT COMES TO STUFF WE DON'T LIKE ABOUT OURSELVES.

TAKE A LOOK AT THE FOLLOWING VERSES IN THE BIBLE:

- AND HE SAID TO ME, MY GRACE IS SUFFICIENT FOR YOU: FOR MY STRENGTH IS MADE PERFECT IN WEAKNESS. MOST GLADLY THEREFORE WILL I RATHER GLORY IN MY INFIRMITIES, THAT THE POWER OF CHRIST MAY REST ON ME. (2 CORINTHIANS 12:9 AKJV)
- CASTING ALL YOUR CARE ON HIM; FOR HE CARES FOR YOU. (1 PETER 5:7 AKJV)
- NOW THE GOD OF HOPE FILL YOU WITH ALL JOY AND PEACE IN BELIEVING, THAT YOU MAY ABOUND IN HOPE, THROUGH THE POWER OF THE HOLY GHOST. (ROMANS 15:13 AKJV)





## Opposing team

Here, let Me  
show you something.  
Is he the one who's been giving  
you advice? Because he's on  
the opposing team.

IT CAN BE HARD TO IGNORE THE VOICE OF DISCOURAGEMENT WHEN IT HITS, ESPECIALLY WHEN IT HAS A BIT OF TRUTH TO IT.

PERHAPS THERE ARE AREAS THAT YOU KNOW YOU COULD DO BETTER IN. WHILE IT'S GOOD TO NOTICE THOSE AREAS AND WEAK POINTS, IT'S IMPERATIVE TO NOT GO OVER YOUR WEAKNESSES WITH A NEGATIVE OUTLOOK, BECAUSE THAT WILL STEAL AWAY YOUR HOPE, YOUR MOTIVATION, YOUR BELIEF, AND YOUR FAITH THAT YOU CAN DO BETTER WITH JESUS' HELP.



THE NEXT TIME YOU'RE HIT WITH A NEGATIVE THOUGHT,  
A THOUGHT THAT DOESN'T GIVE YOU HOPE OR DISCOURAGEMENT,  
TAKE A STAND AGAINST IT! LISTEN TO THE VOICE OF HOPE AND GO FORWARD!

