

# 5 Devotions to Encourage You

WHEN YOUR  FEELS  
WEARY

# Day 1

**3** All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. **4** He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

**~2 Corinthians 1: 3-4, NIV**

The word ***comfort*** in these verses has the same meaning in the Greek language as the word ***encourage***.

One part of the definition is "to call to one's side" or "to call for." Just as God sent others to my side when I was walking through painful times in my life, I believe God has called me to your side right now.

What has you discouraged, friend? A difficult season of marriage or singleness? Job stressors? Grief? A friend who has betrayed you? Family members who have hurt you?

Life on this earth can wring us out dry, so today I'm speaking these truths to you in hopes that they water your soul:

- God sees you and your weary heart.
- He loves you and understands how tired you are.
- **You are not alone.**



# Day 2

**16** Now may our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal comfort and a wonderful hope, **17** comfort you and strengthen you in every good thing you do and say.

**~2 Thessalonians 2:16-17, NIV**

In 2 Thessalonians, believers are being persecuted and plagued by false teachers. The author, largely believed to be Paul, writes to encourage them.

Paul reminds us that in the face of persecution, God has given us *eternal* comfort and hope. His words point us to God's love and the return of Jesus, two things that can strengthen and encourage us no matter what we face.

Just as Paul offered a benediction for the Thessalonians, I'm offering one for you:

*Father, I pray on behalf of your daughter—the one reading these words right now. I ask that you would breathe unquenchable hope into her heart, her spirit, and her life. Fix her eyes on you, the One who is greater than any trial we face on earth.*

*In the name of Jesus, I pray.*

*~Amen*



# Day 3

**22** Jesus turned and saw her. “Take heart, daughter,” he said, “your faith has healed you.” And the woman was healed at that moment.

~**Matthew 9:22, NIV**

The woman in Matthew 9 suffered from a health issue for 12 long years. The result? She was rejected by her church, her family, and her friends. Following Jewish law, her community turned their backs on her. She was alive but dead. Visible but unseen. An outcast.

Jesus didn't stand for this. When she stretched out to touch the hem of His cloak, her faith stretched with her. Jesus was a holy rabbi, and she was forbidden from touching Him, but instead of ignoring her, scolding her, or calling on the authorities to punish her, Jesus called her "daughter."

She placed her trust in Him, and His response changed her life.

Take a moment to read these declarations out loud. I pray they would begin to heal your wounded spirit.

- *I am seen and valued.*
- *I belong to Jesus.*
- *I will trust Him.*

# Day 4

- 8** He rules the world in righteousness  
and judges the peoples with equity.
- 9** The Lord is a refuge for the oppressed,  
a stronghold in times of trouble.

~**Psalm 9:8-9, NIV**

Some of the most painful life experiences are when we're betrayed or treated unfairly by other people. These experiences may happen at work, at church, or even in our homes.

The person who hurts us may be a friend, a coworker, or a complete stranger. We may have a chance to right the wrong, but that's not always the case. Many times, we don't have the last word. We don't get closure, and we may not get justice.

When this happens, it's helpful to remember that we belong to a God who is just and righteous. We don't have to get defensive or lash out when others hurt us, because we can trust Him as our defender and refuge. He will judge the situation "with equity."

*Father, it's hard not to become discouraged when others wound us. It's hard to stay calm when we're provoked. Help us to stand our own defenses down and trust in your righteousness because ours isn't worthy. Thank you for being just. Thank you for being our refuge.*

*In the name of Jesus, I pray.*

*Amen.*



# Day 5

6 "Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace."

~**Matthew 6:6, MSG**

Matthew 6 is one of the few chapters that is made up entirely of the words of Jesus. Jesus explains how God cares about our hearts, and not just outward actions. This means we have an open invitation to be honest with God, our Father!

He created us and understands the full range of emotions we go through. We don't have to shy away from transparency with our Creator. He wants us to share our pain and problems with Him: no flowery or rehearsed words are required. These conversations draw us closer to Him, and that alone is enough to fill our hearts.

I pray this little devotional has given you a big dose of encouragement! I'll leave you with a few tips that have helped me when I've been stuck in a rut of pain and disappointment:

- Tell God exactly how you feel.
- Journal your emotions.
- Talk to trusted friends.
- Ask friends to pray with you and for you.
- Anchor into God's word.