Church of God International (CGI) Canada
Living with Godly Encouragement
Stephan Willshaw

Well, good afternoon, everybody. That means everybody's included with that. Thank you, George, for that introduction. I suppose, as always, you know, when the speaker comes up here, they always wonder, where can I start? What should I speak about? Then you get down to the end of it, and you wonder, how am I going to end it now? I know every speaker knows that. But why are we here?

Let me ask you this. What do you, what do I, see ourselves as? Right here and now today. You can't read my mind, I know that. But I'll tell you what it is. It's one word, or two words, three words. You are servants. Everybody understand that? Servants. Servants in training. And I'm not even going to talk about that today. But are you encouraged when I say that? Because some people don't see that. They come, I know this because I did it for many years. I came with the idea of being served. And it happens.

But we are all, none left out, in training to be servants. And I won't go any further than that. I'll let you think about when that time is going to take place. It's actually taking place today. But there's a bigger part of it coming down the road. So as we congregate here, each Sabbath, we begin our service with what? We do it here in Kawartha, with an opening prayer. And our prayer leader will directly ask the Father for our ears, for our eyes to be open to what will be taking place during this service. And to do what? To bless the service with the things that are going to take place during these few hours that we congregate.

Now we've all come through another week, a full seven days, and we landed again on the day portion of the Sabbath day. And we are admonished to come here and convene with each other. And we call that a holy convocation. You're holy people. We're holy people unto God. God's begotten family. Soon to be born again. So we come with joyful heart, not only to receive. Because why? I've already said it. We're servants. So not only to receive, but to give back where we can. And guess what? You guys all do a really decent job at that. So somehow, somewhere, somewhere, down the tracks, you got the message. Bravo to this congregation.

So the message I want to talk about here today, I've considered this since the Feast of Tabernacles ended. And I missed, I think it was three weeks ago, two weeks ago, three weeks ago, for sure. I think it was three. Speaking about this back then, this is the message that I was sick that day. I missed two Sabbaths. And somebody felt, it was a taped thing.

And it was Mike James spoke on tape. It was a great message, by the way. We just watched it at home.

I was supposed to bring that message on that day. But here I am today. I've been thinking about this subject since Tabernacles. And one of my first thoughts about that was, I wanted to bring something that was encouraging. Because I bring a lot of corrective sermons. I have them doing that. I know that myself. So I wanted to bring something that was uplifting. Something that provides you with some joy when you walk out the door at the end of the service. And that, brothers and sisters, is hard to get from your television set with the news programs and all the stuff that's going on in the world. It's hard to get something positive and encouraging. So you've probably always guessed what the title for today is. And it's this. Simple. Living with godly encouragement. Living with godly encouragement. We need all of that, don't we? There was one hymn we just sang. And I had to write it down. Make me a blessing. And I thought, you know what? That was a nice hymn. Eddie made a big deal out of it. And I said, it is a big deal. Make me a blessing. What a blessing to be here. What a blessing. To have in God's word his encouragement. We're going to see that today. So let's begin with something. In the book. Actually, not the book. The epistle of 1 Thessalonians, the fifth chapter. Let's begin there. Let's begin there. Let's start this message off. Just a short scripture to get started. I'm quoting this time out of the faithful version. 1 Thessalonians 5 and verse 11. We've been here many times, I'm sure. And here's what it says. Therefore, encourage one another. Edify one another. As you are already doing. You guys are already doing that. So let's not stop doing that. Encourage one another. Edify one another. The New King James uses comfort. If you're using a New King James, that's what you'll have there. If you're using a King James, I think it's the same thing. But it really is encourage. Well, when we think about it, to edify and to encourage one another is really the overall theme of each Sabbath. Isn't it? When we come together. How about if somebody came here and they were just spewing out exactly the opposite? Would you want to fellowship with that person? Would I want to fellowship with that person? If I come here like that, you'd usher me at the door. Right? It's all about encouraging one another every Sabbath. And it should be more than just something nice to say. There's a lot to it, isn't there, when we think about it. Action has to be built into the situation by using God's truth. God has some things to say about it. We're going to see that this afternoon. God's love. God's promises, as we always say. That's what it's about. There's some negative things there, too. Because people, written about it in the scriptures, we're doing the wrong things a lot of the times. And they need correction. It really is about this. It's what the two at the Godhead stand for. Remember Matthew 5.48? They're both perfect. And Jesus tells us to be perfect, as my Father in heaven is perfect. So we should be doing the

utmost best within the framework of this word. To live by the encouragement that comes out of it. Remember the words of Christ himself recorded for us, both in the Gospels of Matthew, and as well in Luke. It says there, when I read this to you, you'll know, oh yeah, I've heard that before. I know that one, by heart. It says, man shall not live by bread alone, but by every word that proceeds from the mouth of God. And those words were never done away with, because it is a direct quote from Deuteronomy 8 and verse 3, which is found back in the earlier Testament, referred to the Old Testament. It was right there in the very beginning of his ministry. Matthew 4, or right at the start of his three, or his three and a half year ministry, whichever the case is there. Now, there is a whole lot to be said about godly encouragement. Proverbs 12, you don't need to swing there, but I'll quote it for you. Proverbs 12, verse 25, tells us that heaviness in the heart of man weighs his heart down. But a good word, on the other hand, makes it glad. Can you see that heaviness in the good word, doing this? That's how it is. I'll remember one time at work, there was one guy there. Every morning I seen him. How are you? I won't mention the name. How are you? And every morning, he had this thing he had to tell me. He stubbed his toe or he did something. It was never anything positive. So after a while of that, everybody gave him a wide berth. And that's the way it is. If I was like that, you'd do the same thing to me. People come up and ask me, how's it going today? I have absolutely no complaints. And they say to me, that's odd. That's an odd statement, right? And I won't go any further with that. But it's really no surprise. You know, everybody's going to experience the opposite of encouragement. It starts with D-I-S, discouragement. We're going to come across that probably more than we would like to from time to time this takes place. I can be in a bad way sometimes. I get into a little arm wrestling with Sandy yesterday. It happens. It happens to the worst of us. And it happens, I'm going to say this about us, happens to the best of us, right? I can laugh about that. Because we're human. None of us react perfectly all the time. Christ did. The Father does. And we're trying to plug into that. I said trying, didn't I? So it's really no surprise we run into discouragement every once in a while. And, you know, as what I just mentioned, it's usually always from words of other people. Words do it. So, there's power in words. Either to lift somebody up, or to tear somebody down. And godly encouragement of what I'm going to talk about here today, gives people hope. When the circumstances are probably seeming pretty hopeless. Pretty hopeless. Just a few weeks ago, and I'll give you this example. This was something that really, really encouraged me a lot. Just a few weeks ago, many of us here were, well, at the Feast of Tabernacles. But back in the summer, they were thinking, oh, I'm not going to be able to go. I'm not going to be able to go to the Feast. I really like to go. And then they got closer to the Feast, closer to the Feast. Next thing you know, they were able to go. The blessing came through. The

opportunity opened up. So they were going to be able to attend the Feast of Tabernacles. Brothers and sisters who've been there, know that it's a pretty big deal. It's pretty exciting. Remember my first Feast? 5,000 people. What is this? It's a lot of bodies. They didn't have that this year, but I've seen them with 5,000, 6,000 people. Pretty amazing. I got encouragement from that this year when those people were able to attend the Feast. Why? Because God had not forgotten those people. God reminded himself, I want those people to go, and he found a way for them to go. So it was really a blessing, really an encouragement for me, and definitely an encouragement for the ones who were able to go. One of the greatest thoughts is to remind a brother, a sister in Christ that God the Father and Jesus Christ are always with us and always for us. We should always be making them the source of our encouragement. Romans 15, verses 4 to 5. I'll quote it for you, and I quote. Romans 15. Here's one. We've read Romans 8 earlier. Now it's 15. And I quote verse 4 and 5. For all things that were written before, or in other words, in the past, were written for what? For our instruction. So that through patient endurance and encouragement of the Scriptures that we might have hope. This encouragement gives hope. Discouragement does exactly the opposite. You put a DIS in front of that word, it does exactly, it takes you down. We want to be taken up. In verse 5. Now may the God of patience. Here it comes again. Now may the God of patience and encouragement grant you to be like-minded to one another according to the perfection of Jesus Christ. I put perfection in there, but that's what it is. He's perfect. We never argue that fact. Otherwise, what? We do not have a Savior. Sinless. Perfect. To see. This is clear to see and understand that the Father, God the Father, and Christ are the real source of encouragement. 2 Corinthians 1, verses 3 and 4 tell us this. So I quote, Blessed be the God and Father of our Lord Jesus the Christ, the Father of mercies, and the God of all comfort. Who comforts you in all tribulation, in order that we may be able to comfort those who are in any sort of trial. Through the comfort with which we ourselves are comforted by God. End of quote. So, what I'm reading there is that we can properly comfort, we can properly encourage others, and we know where that comfort and encouragement is coming from. It's not coming from the world. It's coming from God the Father. Our encouragement does not come from circumstances. It comes from God. Being comforted can also mean receiving strength. Encouragement and hope to be able to deal with the trouble of the tribulation that we're going through with time. Remember in the word there, where it tells us that our Messiah, Jesus, was tempted on all points, but yet, without any sin being committed by him. That's Hebrews 4, verse 15. We should see that as a huge encouragement. Why? Because he was physical. He was able to do it. He sets the standard. And the bar is high. We see that. But you know what? That's the striving that we should follow after. Striving after this perfection of Christ. Why would we strive after

something else? Why would we strive after something else? Consider. When people, someone out there disappoint us, God remains faithful. When life all of a sudden becomes difficult, God remains our strength. He doesn't change. Remember that difficult time you had? You were having it, but God was there with you. Always there. When we feel alone. Many of us, a few of us here live alone. So you know what being alone is like. It's not much fun. So we're alone. What does God promise? To never leave us. He's always there. So when you feel alone, think of that. And pray. Talk to Him. When our hearts become heavy. When you're alone, that's what happens. Our hearts become heavy. It comes with the territory much of the time. What does God offer? Comfort. Encouragement. As long as we're ready to go after it. Realize that it's there for us. I was thinking about this week. After considering where David went through all this negative stuff. After, remember, Harang was talking about this. Last week when he was here. Went through all this negative stuff. After he was anointed there. Out in the field. And he didn't become king right away. He went back to the sheep. He had to learn a few things, I guess. In front of his whole family. Put yourself in that position. I only have one brother older. But he had what? Was it ten? Seven. He had seven older brothers. And they were all there. And maybe one of them thought they were going to be the king that was anointed. It wasn't them. It was this younger brother out in the field that was tending the sheep. So that was really something that Harang brought up. And I thought about that this week. In front of his whole family. Anointed to be the next king of Israel. And it was done by the prophet Samuel. Just interesting. Interesting how all that turned out. And at the tail end of the book. In 1st Samuel. He was facing this overwhelming situation. And it was this. You read about it in 1st Samuel. The 30th chapter. His men were speaking. The men who were with him there. On his side. Were speaking and stoning him. Can you think about that? Think about your... Think about I'm up here and you're going to stone me. The same idea. And we read there that David knew through that situation. He's out there with them in the wilderness somewhere. And they're going to stone him? How do you get out of that? Very, very difficult. But he knew where to turn. We read this taking place. And it's amazing. This was right around the conflict with the Amalekites. In chapter 30 and verse 6. David gives a wonderful example. By encouraging himself in God. In the Lord. His God. David knew where to turn. And it got him out of the situation. So we cannot... When you can't find encouragement around you. It's exactly what David did. He couldn't find it in his men. He went to God. To find the encouragement. In the presence of his Lord. God in heaven. Something for us to think about. Because we can't always control what happens around us. But we can choose where to turn for strength. You might not be able to call up one of the brethren. Get the strength you need. Go to God. On your knees. Preferably. That is

where we should choose to turn for strength. We know, brothers and sisters. That difficult days are ahead of us. Yesterday afternoon. Yesterday afternoon. Something happened. Down in the United States. All the planes and all the airports across the U.S. Were grounded. I thought to myself. What is this? Something unusual. And we've been hearing for the last little while. To store up all this stuff for three days. Because problems are coming. And I thought. Is this the beginning? It didn't happen. I read this morning that. Some kind of glitch. And there was an overload in the system. That's what they're telling us. But I didn't know. I thought. Is this when it's going to start? Is this how it's going to happen? I don't know. I was thinking about it. But where do we turn? Let's say I didn't have it. Where would we turn? Would you phone me and say. Oh. Can we move into your house? Or when I phone you. Can I move into your house? No. We go to God. Right? That'd be the first place. Hebrews 10. 25. Let's go there. Here's a turn to one. Hebrews 10. We've been here lots of times. And this is worth reading right now. The Bible teaches us to consider. Hebrews 10. One another. And encourage one another. That's what it tells us. Encourage one another. God never intended. Our Christian lives. To be lived in isolation. We quote this all the time. Hebrews 10. Verse 24. And let us be concerned. About one another. And be stirring up one another. Unto love. And good works. Verse 24. And you guys are great at this. Not forsaking the assembling of ourselves together. Even as some are accustomed to do. Some people do that. They know about the south. But they don't assemble. It happens. You guys don't do it. Bravo. But rather. Encouraging. That's what we're doing by coming here. Encouraging one another. All the more as you see the day drawing near. What day? The day of Christ's return. That's what that more than likely means. End of quote. So. I'm going to talk about something a little different this time here. It's concerning. The same subject I'm talking about. There was one of the twelve apostles. Who stood out and received the recognition of someone who consoled and encouraged others very well. Especially the brother and sisterhood back in the day. Does anybody know who that man's name was? One of the twelve. It starts with a B. Barnabas. It was Barnabas. First name you come across for him in the Bible is Joses. J-O-S-E-S I think it is. It's pronounced Joses. I looked it up. The real name there, the full name is Joseph, believe it or not. Joseph is his name. Now he was a Levite. He was not a Jew. He was born. He came from the country of Cyprus. I think Cyprus is an island. And he personally was one that always looked for good in others. That is an amazing part of somebody's personality. To look for, I can't move around. To look for somebody, to look for the good in somebody. That's an amazing attribute to have, isn't it? I think many of you guys are like that. Look for the good in somebody else. Barnabas was referred to in the scripture as a good man. Full, by the way, of faith. He had a very positive attitude. And he was more than likely extremely

humble. Now it's recorded in the book of Acts, the fourth chapter. Turn there. Recorded for us there in Acts 4. Let's read something there. We all realize that each and every one of the apostles and the ones who were close to Jesus during his ministry all had their own individual personalities, right? These personalities were all attached to each person, just as you and I have our own personal personalities. The good things and the bad things and all this kind of thing. But this man, Barnabas, was not one of these guys that was talked about a lot in the New Testament. He doesn't show up very much in the New Testament scriptures. And the first mention of Barnabas was here in Acts 4 and verse 36. But I want to read in verse 31 down to the end of the 37. So let's do that. I'm reading out of the faithful version here this time. And I quote Acts 4, verse 31. And when they had prayed, the place which they were assembled, think about this, was shaken. They were in this place praying and the place started to shake. Earthquake? Likely. Who caused earthquake? Your guess is as good as mine. It doesn't tell us. And they were all filled with the Holy Spirit. Filled with it. And they spoke the word of God with boldness. And the multitude of those who believed were of one heart and one soul. Neither did anyone say that any of these things he owned were his. But they had all these things in common. So they owned houses. They didn't look at it like they were theirs. Everybody owns the house. So I'm living in a house, but you guys own my house too. What I have is yours and what you have is my reg. Reg and I talk about that all the time. Don't worry about money, Reg. What's yours is mine? What's your mind? We've been going on like this all the time. Are we serious about that? I think we are. Well, they were back then. Verse 34. For neither was anyone among them in want. Nobody wanted anything. For as many as were owners of lands or houses sold them and brought the amount of those things that were sold. And they laid the money at the feet of the apostles. Can you imagine doing that today? And distribution was made to each one according to his need. And Joseph, it says here, J-O-S-E-S, who was surnamed Barnabas. Surnamed Barnabas. Well, I didn't catch that. So it was Joseph Barnabas, who was surnamed. Did you have that in yours? Get something down. Yeah, okay. His surname was Barnabas. I just, I never focused on that before. And the apostles interpreted him to be this son of consolation. Somebody that consoled somebody. That's kind of the idea behind who they thought that guy was. This guy by the name of Barnabas. Joseph Barnabas, I guess is his name. He was known as the son of consolation. New King James renders that son of encouragement. Okay. Faithful version has that too, I think. Son of encouragement. Now, he was a Levite, born in the country of Cyprus. Had lands, and he sold it. He had land, he sold them. He brought the money and laid it before the apostles' feet. This guy was a guy that raised people up. He encouraged people. Now, all these ones we read up there in verse 31 were all really, what we would say, sold out to Christ. They were really

spirit-filled. And a little further in the book of Acts, in chapter 9, when many believers were afraid of Saul. We know who Saul became, right? Remember that? He was, I guess we could say, he was the lead henchman for the Sanhedrin when he was Saul, way back. Following after his conversion, after he had been confronted on that road to Damascus by Christ, he had this calling. And it goes on to say there that it was Barnabas that came along the side of Paul, or the side of Saul still at that time, with his support. And he was the one that was instrumental, freshly converted Saul, trying to now do something on the right side of the fence, right? And the apostles, this guy, I don't trust this guy. They couldn't see it, the rest of the apostles, the ones that were following Christ. But for some reason, Barnabas could. He had this special insight, only one guy. And you know what? Maybe it took a little time, not really sure how much time, but they actually come to see it the way Barnabas did. This was probably all God doing this, through Barnabas. I took a little look at that, it's pretty amazing, it's pretty amazing. So Barnabas must have recognized something in Saul that the others were struggling to see, maybe couldn't even see it, until Barnabas, this guy that was the son of Constellation, came in and said, you know, this guy's cool, this guy's on our side now. And I guess they came to see it after a while. It took a while, but it was this guy that started things rolling for the guy that became Paul. The apostle Paul, he was one Saul at one time. So sometimes, godly encouragement means seeing what God can do in someone before the actual person or people around can actually see it. They use somebody else. God uses one person, that one person shows everybody else, and the rest can't see it. That's how it works sometimes. Quite amazing. So the good question, really, brothers and sisters, that we could ask ourselves would be, especially when we convene together each week like we do here. Are we lifting people up? Especially the 13 of us here, the 12, I was talking about you, the 12 of us today. Are we helping others to grow in grace and knowledge and in faith? Are we helping them to do that? Do our words bring hope? Or do they bring something else that I would call discouragement? Are we adding to their spiritual strength in their walk with Christ? That's really what we're to be about. We all want to become sons and daughters of encouragement. Let's go to Isaiah 41 this time. Let's turn there. Because not all, I'm going to use one verse here, Isaiah 41, verse 10. Not all encouragement is godly encouragement. People sometimes encourage us by telling us what we want to hear. Right? That happens. But godly encouragement tells us what we need to hear according to the word of God. And here it is. You know what? Would it take a lifetime or more to memorize this whole thing? This is the word of God. And this is where the real godly encouragement exists. Right in here. Not out there in the around. It's not about me telling somebody, but I want them to hear. Or I want them to be encouraged. Because I need to tell the encouragement of God. And it comes from this book right here. Godly

encouragement. What would it do? Reminds people of God's promises. Oh, I'll promise you this, I can say. I'll promise you, I can say, eternal life. That's a bold-faced lie. I can't do that. Godly encouragement does something else. Strengthens faith during difficult times. Ever known a difficult time? I knew a lady that knew a difficult time. When her mother passed away. She was devastated. That was a difficult time. I knew a man like that, too. When his wife passed away. And he couldn't figure out, how am I going to do this? That's a difficult time. Well, we can help people like that in those times. But going to God would be the best place to go first. Godly encouragement points people to obedience. How important is it to be obedient? My mother yelled out the window at me. Get off the road. There's a car coming. What happens if I don't get off the road? All right. Godly encouragement offers hope with the ability of bringing in biblical truth. Godly hope with biblical truth coming in. Godly encouragement helps people to keep on trusting God. Building up their faith. Can't see God. Can't hear God. Now we hear it here sometimes. We don't hear his voice. Takes faith. That's godly encouragement. To help people keep on trusting in the word of God. For example, when somebody is going through a difficult situation, we can remind them of where you turned to about ten minutes ago. We're getting there right now. Isaiah 41, verse 10. I quote, Isn't that a lot? Isn't that a lot? End of quote. Took that from the faithful version. When reading that, do we not notice that godly encouragement does not always promise that the difficulty will not immediately disappear? Instead, it reads and reminds us that God is in the middle of it with us. The greatest encouragement we can give to somebody else is simply not telling them everything will be all right. You've heard that before. Oh, everything's going to be okay. You've heard that before. I've heard it. And it's reminding them that God is faithful. And when everything is not right, he knows all about it. He's right there with you. He's gone nowhere. Back again, once again, to a book of Hebrews. This time, Hebrews, the third chapter. And we'll see it in verse 13, what we want to read. I want us to see something really important here in this one. Straightforward. You know, this entire book of Hebrews is really an amazing book. Let's include verse 12 here, too. Hebrews 3, verse 12 to 13. Starts right out there. Verse 12. Beware, brethren. Write your name in there. Lest there, perhaps, be in any one of you an evil heart of unbelief. In apostatizing from the living God. Verse 13, here it comes. But rather, be encouraging one another each day, while it is called today, so that none of you become hardened by the deceitfulness of sin. Oh, I'm sorry. Got it. All right. We got mixed up there. My apologies. You can speak a word of hope. You can pray with somebody who's hurting. Oh, I missed a page here. Just hold. Okay. My apologies. Let me go back here. I got mixed up there. Sorry about that. Let me read verse 13. Rather, be encouraging one another each day, while it is called today, so that none of you become hardened by the deceitfulness of sin. Now, notice there,

the wording in verse 13. It said, each day. Now, the King James, or the New King James, both of them actually say, daily. It's daily. It's very similar. So, encouragement should not be something we practice just on the Sabbath day. It's not enough. It should be practiced every day. It's part of our Christian lifestyle. So, we can encourage people. How? How would you? I was quite encouraged. When I was sick, for example, I got a text. And the person sent me the text, sitting here today, and they knew who they are. I was encouraged by that. That was helpful. I got a couple of phone calls, too. George was another one that texted me. How's it going? That's encouraging. It really is. So, a telephone call, through a thoughtful message, either by text, could be by, not carrier pigeon, but it could be by text, or it could be by telephone call, whatever. That's helpful. That's helpful. Really helpful. Through prayer. Did you guys listen to Jamie today? Fantastic. What was that? Intercessory prayer. Prayers are important. Praying for each other. Very important. Through listening to somebody who is struggling. Like, I was listening to somebody struggling today. I won't mention who it is. And it's all about listening a lot of times. Through recognizing somebody else's faithfulness. It's a fantastic thing. When you listen to that, it builds you up. They're building you up. They're telling you about that. Through helping somebody carry this burden they're carrying. There's burdens in life. We don't. I can tell you a lot. You guys know them yourself. You're living life itself. You know the burdens. Sometimes it's not about having the perfect words, either. We all like to have the perfect words. It's not wrong to have the perfect words. Sometimes it's not about that. Sometimes it's simply showing up and letting somebody know that they are not alone in this. You're willing to give them this. You're willing to give them this. The years. Listening is very important. And you know, we should become very intentional about encouraging others. Especially the brothers and sisters in Christ. Don't wait until somebody is discouraged to the part where they're so far down, you can barely reach them. Get them before they hit the bottom of the barrel. Because when they hit the bottom of the barrel, they're going to go underneath the barrel in the mud. That's worse. Right? Yeah. So practice encouragement all the time. God has called us to participate in this ministry of encouragement. We can have a team here. This is the encouragement team. All of us. We're on the same team. At service. Let's think of this for a minute. At a Sabbath service. You may not feel the call to be getting up here and bringing a public message. You may not feel that you want to get up here and sing a song in front of everybody like what Reg does. You may not feel that inspired, right? However, everybody can participate in the encouragement ministry. And I know a guy sitting right there that does it all the time. Shows up here every week. He's got a positive attitude. Our eldest member. I won't use his name. He used to go by the word Eddie. He's a very positive guy. Very positive man. That is a special thing. Really special.

So you can speak a word of hope. You can pray for somebody who's hurting. You can stand beside somebody who's feeling alone. You can remind somebody of God's promises. And help somebody get back up when they've fallen. Help them get up. Help them get back to feeling good again. Just by being there for them. The challenge is, don't let people leave your presence more discouraged than when they came. That really is the best part of it right there. Just do your best. Grow in this encouragement ministry we're talking about here this afternoon. Let your words bring hope. Let your actions demonstrate love and concern. Let your life point people toward God the Father and Jesus the Christ, the two of the Godhead. There are many encouragements of God that he writes to us in this word. And we know what? We talk back to him. Thank him for this encouragement he's given us. It's called prayer. Back and forth, back and forth, back and forth. It's what it is. Ask God to create on you a heart that seeks his truth always. Ask for love of the truth. To have the desire to seek it. Especially encouragement. Diligently. And ask God to give you the peace which comes from Christ. And depend and trust in those two. God the Father, Jesus Christ, at all times. That's really the secret to this Christian calling we have. Trust in the Father and the Son at all times. Pray, study, meditate. Occasionally fast when you need to. These all draw us closer to God the Father and his Son. There will be no room for despair. No room for doubt. No room for worry. If we do these things. Ask God to daily renew us in his spirit. Ask God, God I need to be renewed in your spirit. Ask him to help you to put out the negative thoughts that do this. We want to do this. We want to do this. Okay? Not this, but this. We want to go up, not down. But it takes our action too. It takes our desire. The book of Psalms. That's an amazing book to read very often. Meditate on good things from this book. There are really neat things in the book of Psalms. You can use Proverbs as well. There's 31 there. You can read one. You get a 31-day month. You can read one every day. Read it slowly. Really get meditating on what it's saying. Apply these things in your life. Psalms and Proverbs. Key books in the Bible. And somebody says the Old Testament's not away with. Oh, what do you do about the Psalms and Proverbs? Those are important. When you feel you're at a low point. You feel this hopelessness. Ask God. Ask the Christ for their guidance. Ask for their help. Seek their fellowship. And listen. Be a listener when you're praying. Above all, don't give up. Don't give in. Stay the course. Keep on the rails. Be strong and of good courage. Always remember that God loves you above all things. That you are His son or His daughter. Begotten right now. He will not forsake you. He is not going to leave you. What can man do to you? If you're in His loving care. Not man's loving care. God's loving care. Why do we come together? Because we, brothers and sisters, are support systems for each other. Every believer. Every believer. None left out. Need encouragement. I need encouragement. When you show up, I'm

encouraged. When you walk through that door, I am encouraged. Because you know why? Oh, the helper is finally here. We know the helper is the Holy Spirit. You're bringing that with you. You're bringing that power through that door. If I was telling you that, if I was going to tell you that wasn't encouragement for me, I'd be lying to you. I'm encouraged by it. Every believer needs encouragement. This is something that every one of us also have to give. God never intended us to walk through this life that we are living in Christ alone. Never intended that. His design. His body. We are His body. Part of the design. The body of Christ. Strengthen each other. To uplift. Comfort one another. As often as possible. As I said in the beginning of the message. Not just on the Sabbath day. But as often as possible. Never feel that you can't call me. I should never feel that I can't call you at any time. Not three in the morning. But we should always be for each other. And my last statement is this. It's not a scripture. But it is a scripture. And I'm not going to quote it. It's about seven words. Brethren, let's be about our Father's business. So I hope that was helpful.