

2023 DANIEL FAST

R.E.A.L.

Relationships Everyone's Always Looking for

DAY 9

1 Samuel 30:3-6 [The Amplified Bible] *"So David and his men came to the town, and behold, it was burned, and their wives and sons and daughters were taken captive. ⁴ Then David and the men with him lifted up their voices and wept until they had no more strength to weep. ⁵ David's two wives also had been taken captive, Ahinoam the Jezreelitess and Abigail, the widow of Nabal the Carmelite. ⁶ David was greatly distressed, for the men spoke of stoning him because the souls of them all were bitterly grieved, each man for his sons and daughters. But David **encouraged** and **strengthened** himself in the Lord his God."*

On Sunday, January 8th, we established from Mark 12:31 that every Christian must love themselves so they can love their *"neighbor."* Like yesterday, we are taking the word, **SELF**, and looking at the 2nd of the 4 Practices in the Word of God by which we can love ourselves so that we can build healthy relationships and effectively love others.

Encourage yourself. What you say to yourself and think about yourself is what you begin to believe about yourself. So many people are not able to love others because they do not love themselves. They do not love themselves because of the thoughts they think about and the words they speak to themselves. They are not able to love themselves because of a wayward past. We are not able to love others and fulfill the 2nd greatest commandment simply because we do not love ourselves.

God's Word is filled with scriptures so that we can encourage and strengthen ourselves when we are in a difficult place. David was in a very difficult place, but he made a choice to encourage and strengthen himself. You may be in such a place as David. Encourage yourself! Speak God's Word so that your spirit, soul, and body can respond to the power of God's Word. Decide to encourage and not discourage yourself.

When you are an encourager to yourself it will be easy to encourage others. Strong friendships and long-lasting relationships are built upon the encouragement of one another when life becomes problematic. Love yourself, so that you can love your neighbor. Love your neighbor by first encouraging yourself. Your family, friends, and other relationships will be glad you did.

It's time to build Relationships Everyone's Always Looking for!

Worship Song:

“Way Maker” – Kristian Stanfill, Kari Jobe, Cody Carnes

<https://youtu.be/1kBvpS3z9Qo>

Scripture Readings:

Psalms 16:8 [Easy-To-Read Version] *“I always remember that the Lord is with me. He is here, close by my side, so nothing can defeat me.”*

Philippians 4:13 [The Amplified Bible] *“I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ's sufficiency].”*

Isaiah 26:3 [The Message] *“People with their minds set on you, you keep completely whole, steady on their feet because they keep at it and don't quit.”*

Prayer:

Father, I ask for Your help. May what I say and what I think always line up with Your Word. I want to love myself by encouraging myself and then, encourage others. I choose to think and speak prophetically, proclaiming Your Word over my life and every circumstance that I face. I choose to love myself despite my past and present failures. I will love myself so that I can love others. Through the power of Your Holy Spirit, I will encourage and strengthen myself in the Lord my God. Thank you for helping me to love myself so that I can love my neighbor. In the Name of Jesus I pray, amen!

Today, I need to pray for:

What is God telling me today?
