



Dear Discouraged Self,

Well, here we are again. Discouragement has shuffled its way back into your life, and you have allowed yourself to be covered by its thick cloak of hopelessness.

It's so subtle, isn't it? Before you know it, you find yourself in its grip, and nothing looks as good as it usually does. Yesterday, you had so much confidence and joy, and now, where did it go?

I'm not writing to condemn you. God doesn't condemn you, so neither will I. But I am writing to remind you of some truths that seem ever so hard to believe when you find yourself wrapped in this dark place.

You Can Be Courageous!

God is always calling you to be courageous. This is His ideal for you - to live with courage and boldness and no fear. I realize that right now, you may indeed feel a very real fear - the one that says what you are hoping for might never happen. Wouldn't it be just like the enemy to do anything to take courage away from you and feed you with this fear? To dis-courage you? Don't give him that satisfaction!

If God calls you to be strong and courageous, He will help you be that way! His constant refrain of "Don't be afraid!" is really saying "Keep going! You Can Do This!" He believes in you because He put His Spirit in you to enable and empower you to be an overcomer!

You Can Dwell in Hope!

God is also calling you to be a Hope Dweller. You can live in hope, in the expectation that God will bring about good. Maybe it doesn't look like that right now. But that's part of hoping, isn't it? To wait on God? This might just be a wonderful opportunity to trust Him and learn how to dwell in the hope of all He has promised. He will be faithful to keep His word.

What has He promised you? Go back and read His word. Read your prayer journal. Read His promises aloud to Him. Ask for His help to believe His every word and expect Him to come through for you even this time. Choose to embrace the positive! Choose to dwell in hope!

You Can Make His Voice the Loudest!

Along with a call to be courageous and a call to dwell in hope, God is calling you to make His voice louder than any other. I know the voices in your head right now want to tell you to just give up. They taunt you that your dreams and hopes will never come to pass. They can be so convincing. But you must refuse to listen! They are not speaking life to you.

Instead, start thanking God for everything you can think of. Praise Him for every prayer He's already answered. Worship Him for all His goodness. And take time to listen for what **He** has to say about this circumstance. His voice *will* give life and hope and courage. Don't listen to any voice that says otherwise!

Discouragement is hard. It's better if you can stop it in its tracks. But if it gets a hook into you, please decide that you will not live with that hook. Don't settle for it. You are not a victim. You are the daughter of the Most High God who is for you and with you.

He's holding your hand. He's got you!

Hold your head up. Have courage!

Have hope in Him. Listen to what He tells you!

You're going to be okay!

Love,
Irish 😊

This letter originated on the post, [A Letter to Read When I Am Discouraged](#),

found at HopeDwellers.com.