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# Daily Devotional - Tuesday, August 17, 2021 - The Answer for Discouragement

AUGUST 17TH 2021 BY DEE LOFLIN

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## Psalm 42:6-11

Situations in life sometimes cause us to lose hope. Occasional discouragement is normal because it's part of living in a fallen world. The more important issue is how we respond. As believers, it's possible for us to experience joy and peace even when our expectations aren't met.

Following the example in today's reading, begin by looking upward and telling the Lord that you are in despair. Ask Him to help you place your focus on Him instead of your circumstances. Recognize that it's not just a situational problem but a spiritual issue as well. Get into God's Word to discover what He wants to do in your life through the disappointment and pain. Notice how He used hardships in the lives of biblical characters like Joseph and David. Then remember His past faithfulness to you.

You may hurt for a season, but you don't have to be overwhelmed to the point of giving up. As a Christian, you can take refuge in your all-powerful, all-wise, loving heavenly Father. Recall how He has worked in previous times of discouragement, and rest assured that this situation will be another faithfulness story to add to your collection.

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