

# Steps to New Life

## *How can I beat discouragement?*

When life seems against you and problems keep mounting up it is easy to get *discouraged*—to “lose courage.” Where do you go to get it back? To our God! He is not against us—He is actively working with us and for us no matter how badly we are doing or how badly things are going! So, power up with these steps of faith.

**1. Admit** to God and to yourself that the problems you face are not why you are feeling discouraged; it is unbelief—not fully believing God’s promises to always be with you, loving you, forgiving you, helping you and guiding you.

Romans 15:13; Hebrews 13:5; 1 John 4:18

**2. Reconnect.** Just let everything go for a moment and refocus on who Jesus is and on how important He is to you. Now re-surrender to Him. Cast your every care on Him. Especially give Him any anger and bitterness you have towards other people or yourself. It is time to get His peace and love back inside you! His yoke is easy—you have been making it hard. All He requires is for you to trust and obey.

Matthew 11:28-33; Hebrews 4:16

**3. Obey.** Now that you are reconnected, don’t grab the reins again anytime soon. Just let His gentle Spirit lead you step by step. The steps He shows you will help work on the problems—given time. But you will always have some problems, so be patient and try to stay in step.

Romans 8:28; 1 Peter 5:6-7



# Steps to New Life

## *How can I beat discouragement?*

When life seems against you and problems keep mounting up it is easy to get *discouraged*—to “lose courage.” Where do you go to get it back? To our God! He is not against us—He is actively working with us and for us no matter how badly we are doing or how badly things are going! So, power up with these steps of faith.

**1. Admit** to God and to yourself that the problems you face are not why you are feeling discouraged; it is unbelief—not fully believing God’s promises to always be with you, loving you, forgiving you, helping you and guiding you.

Romans 15:13; Hebrews 13:5; 1 John 4:18

**2. Reconnect.** Just let everything go for a moment and refocus on who Jesus is and on how important He is to you. Now re-surrender to Him. Cast your every care on Him. Especially give Him any anger and bitterness you have towards other people or yourself. It is time to get His peace and love back inside you! His yoke is easy—you have been making it hard. All He requires is for you to trust and obey.

Matthew 11:28-33; Hebrews 4:16

**3. Obey.** Now that you are reconnected, don’t grab the reins again anytime soon. Just let His gentle Spirit lead you step by step. The steps He shows you will help work on the problems—given time. But you will always have some problems, so be patient and try to stay in step.

Romans 8:28; 1 Peter 5:6-7



# Steps to New Life

## *How can I beat discouragement?*

When life seems against you and problems keep mounting up it is easy to get *discouraged*—to “lose courage.” Where do you go to get it back? To our God! He is not against us—He is actively working with us and for us no matter how badly we are doing or how badly things are going! So, power up with these steps of faith.

**1. Admit** to God and to yourself that the problems you face are not why you are feeling discouraged; it is unbelief—not fully believing God’s promises to always be with you, loving you, forgiving you, helping you and guiding you.

Romans 15:13; Hebrews 13:5; 1 John 4:18

**2. Reconnect.** Just let everything go for a moment and refocus on who Jesus is and on how important He is to you. Now re-surrender to Him. Cast your every care on Him. Especially give Him any anger and bitterness you have towards other people or yourself. It is time to get His peace and love back inside you! His yoke is easy—you have been making it hard. All He requires is for you to trust and obey.

Matthew 11:28-33; Hebrews 4:16

**3. Obey.** Now that you are reconnected, don’t grab the reins again anytime soon. Just let His gentle Spirit lead you step by step. The steps He shows you will help work on the problems—given time. But you will always have some problems, so be patient and try to stay in step.

Romans 8:28; 1 Peter 5:6-7





## Scripture

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Romans 15:13 ESV

There is no fear in love, but perfect love casts out fear.

1 John 4:18 ESV

For he has said, "I will never leave you nor forsake you."

Hebrews 13:5 ESV

For those who love God all things work together for good.

Romans 8:28-29 ESV

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

1 Peter 5:6-7 ESV



## Prayer

*Father, I can see now that I have been blaming You for what You have allowed, others for what they have done, and myself for what I have been unable to do to fix things. Help me turn from bitterness and despair to trust Your perfect love and promises once again.*

*Jesus, if I have put my hope anywhere else than in You, it is no wonder my heart has been sinking. But You will never leave me, or forsake me, or fail me. I repent of unbelief and despair and choose to believe in You.*

*Holy Spirit, with Your help I choose by an act of my will to forgive everyone who has hurt me or failed me, including myself. I cast down my understanding and my feelings and choose to believe that all of God's promises are true, especially His promise that all things are being made to work for my good.*



## Scripture

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Romans 15:13 ESV

There is no fear in love, but perfect love casts out fear.

1 John 4:18 ESV

For he has said, "I will never leave you nor forsake you."

Hebrews 13:5 ESV

For those who love God all things work together for good.

Romans 8:28-29 ESV

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

1 Peter 5:6-7 ESV



## Prayer

*Father, I can see now that I have been blaming You for what You have allowed, others for what they have done, and myself for what I have been unable to do to fix things. Help me turn from bitterness and despair to trust Your perfect love and promises once again.*

*Jesus, if I have put my hope anywhere else than in You, it is no wonder my heart has been sinking. But You will never leave me, or forsake me, or fail me. I repent of unbelief and despair and choose to believe in You.*

*Holy Spirit, with Your help I choose by an act of my will to forgive everyone who has hurt me or failed me, including myself. I cast down my understanding and my feelings and choose to believe that all of God's promises are true, especially His promise that all things are being made to work for my good.*



## Scripture

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Romans 15:13 ESV

There is no fear in love, but perfect love casts out fear.

1 John 4:18 ESV

For he has said, "I will never leave you nor forsake you."

Hebrews 13:5 ESV

For those who love God all things work together for good.

Romans 8:28-29 ESV

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

1 Peter 5:6-7 ESV



## Prayer

*Father, I can see now that I have been blaming You for what You have allowed, others for what they have done, and myself for what I have been unable to do to fix things. Help me turn from bitterness and despair to trust Your perfect love and promises once again.*

*Jesus, if I have put my hope anywhere else than in You, it is no wonder my heart has been sinking. But You will never leave me, or forsake me, or fail me. I repent of unbelief and despair and choose to believe in You.*

*Holy Spirit, with Your help I choose by an act of my will to forgive everyone who has hurt me or failed me, including myself. I cast down my understanding and my feelings and choose to believe that all of God's promises are true, especially His promise that all things are being made to work for my good.*