



DO NOT LOSE HEART

by Whitney Davis

You know those days where you feel like you've just plain lost heart. The too-muchness of it all gets the best of you, and you feel like hanging your head in defeat. I've been there. I'm there today. As I retreated to a quiet place in my home to rest and reflect, the Lord reminded me of a passage I love so. In Psalm 27:13-14, David cries out, "I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living. Wait on the Lord; be of good courage, and he shall strengthen your heart; Wait, I say, on the Lord!" So, according to David, belief is what will bring us to the other side. And how do we believe? By waiting with courage and in the strength of the Lord!

1) THERE IS PURPOSE IN OUR PAIN.

We've not been promised an easy road this side of heaven. None of us are immune to facing trials and

pain. As Christians, we know that this testing produces perseverance, character, and hope, for we have been justified and saved (Romans 5). The refining process we endure during seasons of struggle is necessary for our journey as an image-bearer and follower of Christ. Our pain has a purpose and is for our good and His glory, even when it almost causes us to lose heart.

2) OUR FAITH AND BELIEF IN JESUS ALLOW US TO WITHSTAND AND BELIEVE IN HIS GOODNESS.

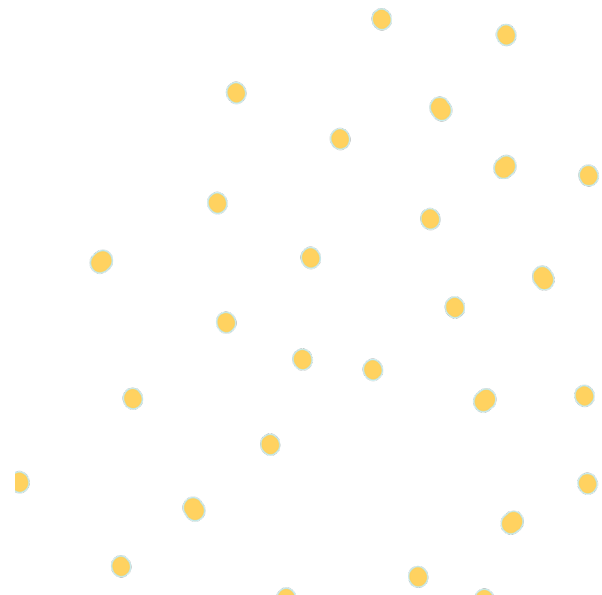
Even the disciples, who knew and walked with Jesus, struggled with belief. After the resurrection of Jesus, before his ascension to heaven, Thomas struggled to believe. He actually had to look at the pierced hands of Jesus and touch his side to believe. And after this encounter, Jesus states, "Thomas because you have seen

Me, you have believed. Blessed are those who have not seen and yet have believed.” (John 20: 29). This is us. We have yet to see, but we believe. We believe we will see the goodness of the Lord in the land of the living. From the beginning of time, God has ordained rescue for His people. We will see his goodness.

3) COURAGE, DEAR HEART. WAIT ON THE LORD.

Psalm 33:20 says, “Our soul waits for the Lord; He is our help and shield.” And Psalm 27 reminds us that the Lord will strengthen our hearts. We are not in this alone. The beauty in the struggle is in our surrender—when we come to our end and realize our utter and complete dependence on Jesus. He’s drawing us ever near to Him. He’s fighting our battles for us. We get to surrender and partner with the Holy Spirit to experience victory and abundance. I find great peace in that. Jesus does the heavy lifting. The victory doesn’t rest on my shoulders alone or depend on my strength.

So to those of you at the end of your rope, near the place of losing heart. Hang on—chin up. Wait with courage and great faith. Don’t lose heart. You WILL see the goodness of the Lord in the land of the living.





CONVERSATION STARTERS:

- 1.) We've all experienced times where we've lost heart. How do you tend to cope during these times?
- 2.) How would you describe the goodness of the Lord? Does it look different than the world's definition of good?
- 3.) What has been most helpful for you in seasons of waiting?
- 4.) Talk about a time the Lord redeemed a situation in which you had almost lost heart.

CALL TO ACTION:

- 1.) Spend some time reflecting and journaling this week on the goodness of God- the ways He's been faithful and good in the past and the ways you believe Him to be good in the present and future.
- 2.) If you are in a difficult season, reach out to a trusted friend and ask them to pray with you for strength and courage as you wait on the Lord. If you aren't in a season of struggle, reach out to a friend who may need encouragement this week.

Commit to believing in the goodness of the Lord this week, despite your circumstances. Wait with courage, upheld by the strength of your mighty God.

MEMORIZE: "I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living. Wait on the Lord; be of good courage, and he shall strengthen your heart; Wait, I say, on the Lord!" Psalm 27:13-14

