

## **FIVE DAYS OF ENCOURAGEMENT**

### **DAY 4**

From January of 2015:

When we look into the mirror, what do we see? Do we see ourselves through our eyes, or the way our Heavenly Father sees us? Do we spend enough time with Him to even know what He says about us? Perhaps learning how to think of yourself and your personal life on a deeper level from God's perspective will help you understand how remarkably valued and treasured you are.



***How do we spend our time?*** Life constantly seems to consume our time. Sometimes it takes up so much of our time that we're not able to take a five or ten-minute prayer break. It's so easy to forget our time with God. When our time gets so easily consumed with things that are not of Him, our minds and thoughts begin to think how the world thinks: "I don't know what I'm doing anymore, everything I do falls flat. I feel like a failure". Do you know why most of the time when you look at yourself in the mirror you think such thoughts or worse? The enemy does three things: steal, kill, and destroy.

His tactics to destroy and deceive are high on the scale. **BUT** there is a higher power. *“The Lord will fight for you, and you have only to be silent”* (Ex. 14:14). Everything you struggle with, every trial, difficulty, or seemingly worthless situation should not weigh upon your heart and mind. The enemy can have a strong hold on your mind if you let him. Be mindful and careful of whom you let have control over your heart and mind. As God’s Word says, He will fight for you. Silence your negative, demeaning, self-condemning thoughts towards yourself and your life. Wake up extra earlier or stay up a little longer to spend time with your King. The more you soak yourself within His presence you will be reassured by His promises and know how He sees you! *“Therefore do not throw away your confidence which has a great reward.”* (Heb. 10:35)

Be confident in yourself and who you are through Him.

Shalom,  
Jim Staley