



THE CHAMPIONSHIP PLAYBOOK | PRINCIPLE #4

# DISCOURAGEMENT ONLY WINS IF YOU STAY SILENT

*And David was greatly distressed...  
but David encouraged himself in The LORD his God.*

1 Samuel 30:6

**Discouragement is designed to take you out.** There's a very real enemy out there who comes to kill, steal and destroy (John 10:10), and he wants nothing more than to throw you off course—and keep your God-given vision from coming to pass.

So what do you do when discouragement comes your way? Just like David, **you encourage yourself in The LORD.**

Encouragement doesn't mean staying quiet and thinking happy thoughts. It means **taking hold of God's promises and speaking them aloud.** The Bible is very clear that there's a connection between the Championship Faith in your heart and the words you speak (Romans 10:8-10).

**To live like a champion, you need to research God's promises regarding your situation and declare them by faith.** It not only fights back against the enemy, but it completely changes your perspective too. As the Apostle Paul said:

*Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal (2 Corinthians 4:16-18, NKJV).*

Discouragement only wins if you stay silent.

  
—Pastor George

*Father, I thank You that even in the face of discouragement, with Championship Faith, I can strengthen myself in You. I refuse to focus on temporary struggles, but instead, I fix my eyes on Your eternal promises. Help me to remember that Your ways are higher than mine and that as I'm following You, I'm on the road to victory no matter what the enemy throws my way.*

When discouraged, David encouraged himself in The LORD. What practical ways can you encourage yourself in The LORD when discouragement threatens?

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How can shifting your focus from your circumstances to God's promises change your perspective?

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What three confessions will you speak when facing discouragement?

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