

Title Encouraging Thoughts for The Journey  
Series Encouragement for The Journey  
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## Sermon Notes

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**Psalm 139:8** If I go up to the heavens, you are there; if I make my bed in the depths, you are there.  
<sup>9</sup> If I rise on the wings of the dawn, if I settle on the far side of the sea, <sup>10</sup> even there your hand will guide me, your right hand will hold me fast. *ESV*

**Romans 8:15** For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." *NKJV*

**Isaiah 42:16** I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them. *NIV*

**2 Corinthians 4:16** Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. <sup>17</sup> For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison *NASB*

**Hebrews 2:14** Since the children have flesh and blood, he too shared in their humanity ...<sup>17</sup> For this reason he had to be made like them,<sup>[a]</sup> fully human in every way, in order that he might become a merciful and faithful high priest in service to God, and that he might make atonement for the sins of the people. <sup>18</sup> Because he himself suffered when he was tempted, he is able to help those who are being tempted. *NIV*

**Matthew 26:36** Then Jesus \*came with them to a place called Gethsemane, and \*said to His disciples, "Sit here while I go over there and pray." <sup>37</sup> And He took with Him Peter and the two sons of Zebedee, and began to be grieved and distressed. <sup>38</sup> Then He \*said to them, "My soul is deeply grieved, to the point of death; remain here and keep watch with Me." *NASB*

**Luke 22:44** And being in agony He was praying very fervently; and His sweat became like drops of blood, falling down upon the ground. *NASB*

**Philippians 4:6** Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. *NASB*

### Big Idea:

#### **Romans 15:13**

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

## For Reflection & Application:

### Monday:

- Read Psalm 139:8-10. Is there any circumstance too difficult or too far off for God to be with you and guide you thru it?

*Prayer: "Lord, sometimes I feel I'm too far away from you to ask you for help. But Psalm 139 says that you are never too far away - this is such a comfort to my weary soul. Please help me and guide me down the path that you have for me, I just want to walk in your everlasting ways."*

### Tuesday:

- Read Isaiah 42:16 and 2 Corinthians 4:16-17. Did God say that He would always lead us thru places that we already know, and places that we are comfortable with? What did He promise? Do you think that the path of following God, which can sometimes be difficult, is worth it?

*Prayer: "Heavenly Father, I must admit that following your way can be scary at times. Sometimes the storms of life are overwhelming and I am barely hanging on. Help me to hang on to you thru it all (and please keep holding onto me too!), and daily remind me that it is indeed worth it 'beyond all comparison'"*

### Wednesday:

- Read Hebrews 2:14-18, Matthew 26:36-38, and Luke 22:44. Based on what these verses say about some of the human struggles that Jesus experienced, do you think He is able to understand your deepest struggles in this life?

*Prayer: "Lord Jesus, I never really realized the weight of grief and sorrow that you have personally experienced. Now I know that you understand me all the way down to the depths of my pain and brokenness. I do not need to feel ashamed. Please stay with me in the depths and begin to heal my heart with Your gentle spirit of grace."*

### Thursday:

- Read Philippians 4:6-7. Why would laying your requests before God bring peace to your heart and mind?

*Prayer: "Heavenly Father, my mind is troubled and my burdens are heavy. I long for the peace that only you can place in my heart and my mind. So I lay all of my troubles and my burdens before you and ask that you carry them for me. I know how much you love me, and I trust in your promise of peace."*

### Friday:

- Read Romans 15:13. What are the three things that this verse says God will provide when we trust Him? How important is it to have hope when we are in the difficult part of the journey?

*Prayer: "Heavenly Father, I'm finding myself in the middle of the difficult part of the journey, and sometimes things seem so dark and heavy like there is no escape. Help me to trust in you, knowing that you are here with me, and to begin to experience the hope that I have in you. Thank you for being with me during the toughest times."*