



*“See to it, brothers and sisters, that none of you has a sinful, **unbelieving heart** that turns away from the living God,” (Hebrews 3:12).*

If you're like me, this season has tested your faith in many different ways. Some days, I feel strong ready to take on the day; and, there are some days when I am over quarantine and begging God for this all to end. Last week, I realized my up and down emotions were depleting me of God's strength within me. I had to get back to focusing on God's word and trusting His plan for my life.

We can all recall times in our lives when we faced seemingly impossible situations, yet God provided for us and helped us through. It benefits us when we remember the ways He's made for us when we are facing battles. Why? It encourages our faith.

The Israelites failed to do this, and God warns us in the verses below not to follow their example by taking on an unbelieving heart.

<sup>7</sup>That is why the Holy Spirit says,

“Today when you hear his voice,

<sup>8</sup> don't harden your hearts  
as Israel did when they rebelled,  
when they tested me in the wilderness.

<sup>9</sup>There your ancestors tested and tried my patience,  
even though they saw my miracles for forty years.

<sup>10</sup>So I was angry with them, and I said,  
'Their hearts always turn away from me.  
They refuse to do what I tell them.'

<sup>11</sup> So in my anger I took an oath:  
‘They will never enter my place of rest.’”<sup>[e]</sup>

<sup>12</sup> Be careful then, dear brothers and sisters.<sup>[f]</sup> Make sure that your own hearts are not evil and unbelieving, turning you away from the living God.

***Hebrews 3:11-12 (NLT)***

The Israelites experienced God’s miracle-working power many times, but they still chose to allow their present circumstances to harden their hearts toward unbelief. So, how do we manage our shifting emotions and win? Don’t forget to remember His goodness! When the thoughts come for us to feel sorry for ourselves and focus on everything negative, stop the thoughts immediately, and remember one of the ways you have experienced God coming through for you. Ask the Holy Spirit to help you to remember. Psalm 77:11 says, “I will remember the deeds of the Lord; yes, I will remember your miracles of long ago.”

**Let’s focus on praising God this week. He’s too faithful to fail. He’ll never leave us. He’ll never forsake us.**

Check out the song below by Lauren Daigle - she sings these words, “I remember, you have always been faithful to me. You were there, always there with me.” Enjoy!

<https://youtu.be/nThnLyjQgbA>