

Sunday Sermon



**“Dealing with
Discouragement”**

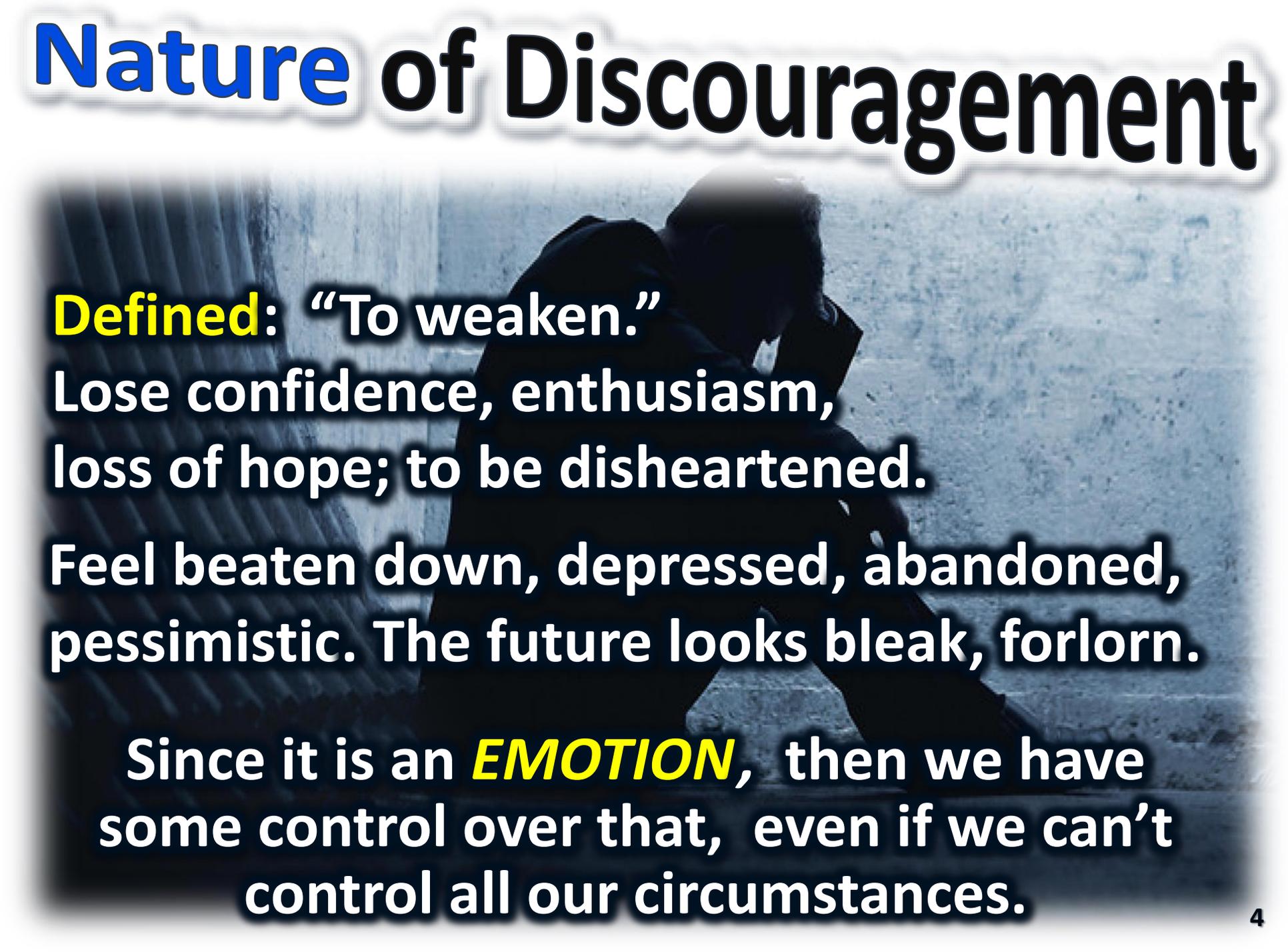
Discouragement is Virtually **Universal**

1. **Kids made bad choices** (Lk 15:13) Prodigal
2. **Loved ones die** (Jn 11:35-36) Lazarus
3. **Uncorrected Sin** (Mat 27:5) Judas
4. **Disrespected, abused** (Ps 22:6) Worm
5. **Financial Crisis** (Mk 12:42) Two cents
6. **Chronic Health Problems** (Mk 5:25f) Worse
7. **Discouraging Events** (Nu 11:1) Adversity
8. **Little Progress in Life** (Gen 47:9) Unpleas

Discouragement May Feel **Overwhelming**

1. **No rest for my spirit** (2 Cor 2:12f) Titus
2. **Nehemiah.** (Neh 1:4) Mourned & wept
3. **David** (2 Sam 12:15f) Fasted & laid all night on ground.. 7th night the child died.
4. **Elijah** (1 Ki 19:9f) I alone am left
5. **Jeremiah** (Jer 15:17-20) I sat alone, my wound incurable.

Nature of Discouragement

A person is shown in silhouette, sitting on the ground with their head buried in their hands, conveying a sense of despair or discouragement. The background is a textured, light-colored wall.

Defined: “To weaken.”

Lose confidence, enthusiasm,
loss of hope; to be disheartened.

Feel beaten down, depressed, abandoned,
pessimistic. The future looks bleak, forlorn.

Since it is an **EMOTION**, then we have
some control over that, even if we can't
control all our circumstances.

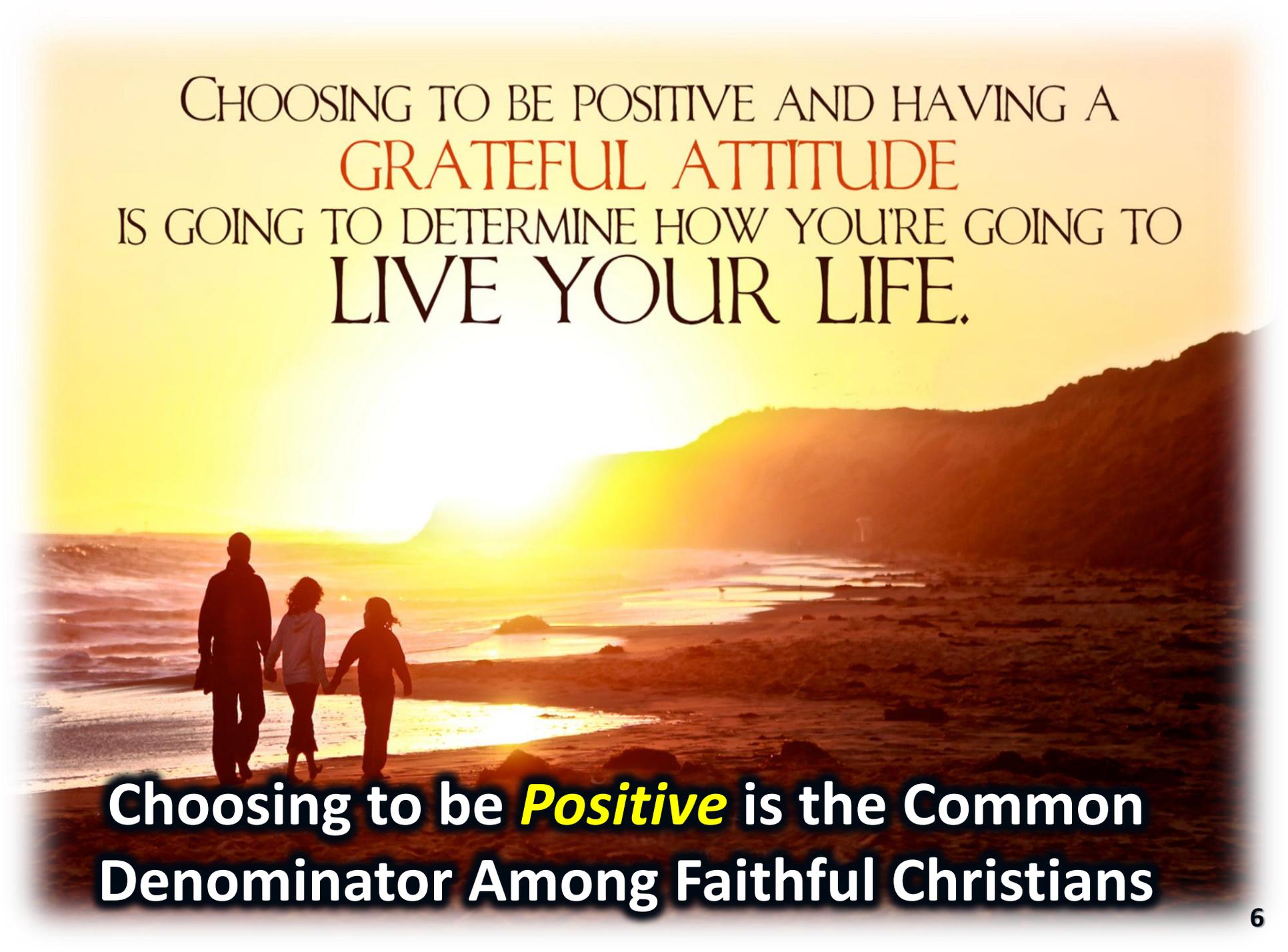
3 Levels of Discouragement

1. Minor discouragements: Short-lived, may not be noticed by others. (2 Cor 4:8) "Perplexed"

2. Major discouragement: Loss of Joy, irritable, restless, not eating, sleeping, hard to concentrate. (Jeremiah 20:9) Quit preaching?

3. Overwhelming discouragement: Disabling. No desire, energy / ability to go on. **We'ds talking Attitude** Not **Brain chemistry:** Psychotic, S.A.D, Bi-polar, or Clinical Depression.



A photograph of a family of three walking away from the camera on a beach at sunset. The sun is low on the horizon, creating a warm, golden glow over the ocean and the silhouettes of the people. The background shows a coastline with hills.

CHOOSING TO BE POSITIVE AND HAVING A
GRATEFUL ATTITUDE
IS GOING TO DETERMINE HOW YOU'RE GOING TO
LIVE YOUR LIFE.

Choosing to be **Positive** is the Common
Denominator Among Faithful Christians

Developing a Positive Attitude

Positive Thinking

mindset

inspiration

optimism

confident

creativity

habit

attitude

possible

belief

reasoning

relationship

stable

motivation

intelligence

Begin by Taking Small Steps

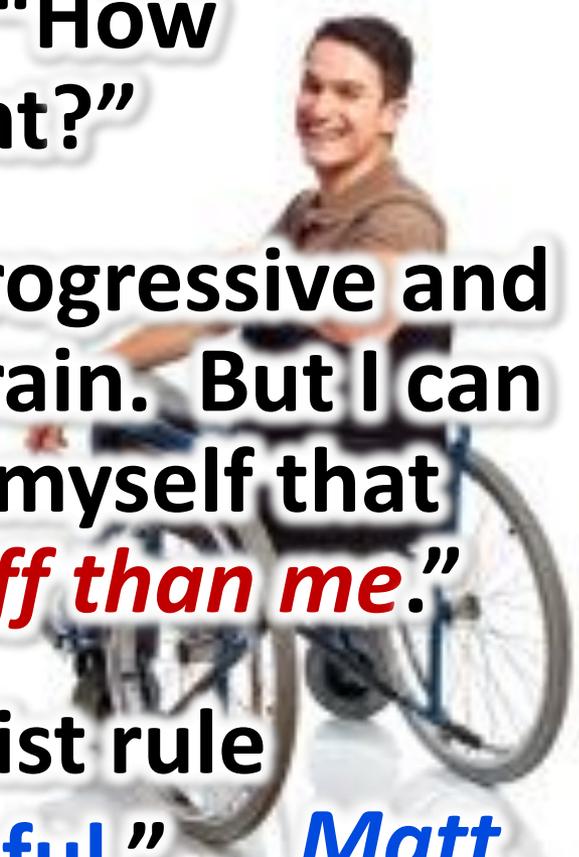
1. **Ask:** (Prov 14:33) *“Am I hungry, angry, lonely or tired?”* H.A.L.T. Identify what’s going on.
2. **Count:** 5 Blessings, rather than dwell on the negatives. (1 Thes 5:18 Thankful)
3. **Rehearse:** Your Favorite Comforting Scriptures. (Phil 4:6; Phil 4:13; Rom 8:28; Ps 18:2; 34:4 ; 56:3; 73:26; Isa 12:2; 43:2 Jer 29:11; Jer 32:27; 2 Tim 1:7)

Adjust Your Thinking

I asked a person in a wheel chair yesterday at a football game, “How they deal with discouragement?”

They said “My condition is progressive and it will eventually reach my brain. But I can walk a little. I just remind myself that *there are so many worse off than me.*”

Col 3:15 “Let the peace of Christ rule in your hearts ... and be **thankful.**” *Matt*



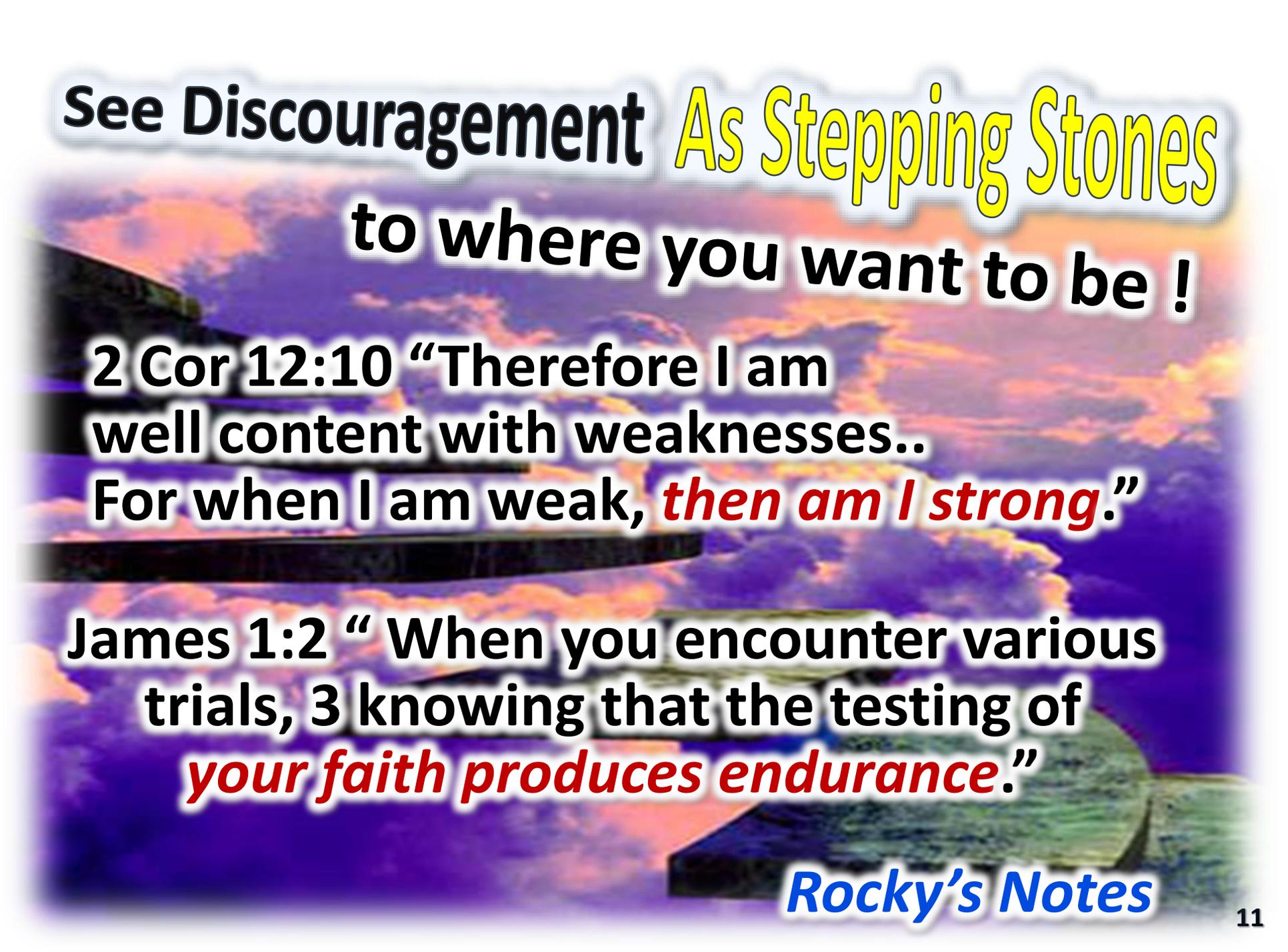
Celebrate **Small Victories**



Ecc1 2:24 There is nothing better for a man than to eat and drink *and tell himself that his labor is good*. This also I have seen, that it is from the hand of God.

Bush & Veteran Jog

Ann's Notes.

A path of stepping stones leads up a hill under a sunset sky. The stones are dark and rectangular, set against a background of vibrant orange, yellow, and purple clouds. The path starts from the bottom left and goes towards the top right.

See Discouragement **As Stepping Stones** to where you want to be !

2 Cor 12:10 “Therefore I am
well content with weaknesses..

For when I am weak, ***then am I strong.***”

James 1:2 “ When you encounter various
trials, 3 knowing that the testing of
your faith produces endurance.”

Rocky's Notes

Ask God for Strength

Dear God,

I don't ask You to make my life easier,
but I ask You to give me the strength
to face all my trouble.



Judg 16:28

"O Lord God, please
remember me and *please strengthen me*"

Larry's notes

Trust God for His Care



Prov 3:5 *Trust in the LORD with all your heart*

& lean not on your own understanding;

1 Peter 5:7 “Casting all your anxiety upon Him, *because He cares for you.*”

Kim's notes

Accept Wise Counsel

Proverbs 27:9 Ointment and perfume delight the heart, And the sweetness of a man's friend *gives delight* by hearty counsel.

Prov 27:17

Iron sharpens iron,
So one man *sharpens* another.

Rom 15:14 You are filled with all goodness and able to *admonish* one another.

Jeanie's notes

Focus on Eternity



Phil 3:14 “I press on toward the *goal* for the prize of the upward call of God in Christ Jesus.”

1 Peter 1:13 “*Fix your hope completely* on the grace to be brought to you at the revelation of Jesus Christ.”

Devon's notes

You Will Leave a Legacy

Dan 12:3 Those who have insight will *shine brightly* like the brightness of the expanse of heaven,



And those who lead the many to righteousness, *like the stars forever and ever.*



If you're

tired of

starting over,

STOP GIVING UP!

Closing Prayer



James 5:16 The effective prayer of a righteous man can *accomplish much*.