

# Discouragement



# What is Discouragement?

- The condition of being disheartened.  
To lose hope, confidence, enthusiasm or courage.  
The temptation to quit because of frustrations

# What is Discouragement?

- We all face discouragement from time to time
  - It can come from many different sources
    - physical maladies
    - personal weaknesses and failures
    - the disappointment of others
      - > Not what they should be
      - > Constant criticisms, belittling, etc.
- Cf. **Colossians 3:21, Ezra 4:4, Nehemiah 4 & 5**
- Some become disappointed in God. **Be careful!**

## Discouragement & its consequences

- A divided mind – with disappointment, we often face internal conflicts.
  - Often indicates a weak faith –  
**Cf. James 1:5-8**
- We blame – others, ourselves or even God. This is rash thinking
- We might act out rashly –  
**cf. Numbers 20** – Moses at Kadesh

## Discouragement & its consequences

- It can lead to anger and bitterness, and other reactions and dark places
- Unchecked, it can lead to depression
- Ultimately, it can lead to rejecting God
  - **Numbers 21:4** – Israel in wilderness murmuring
  - **Numbers 13:30-14:4, 11** – refusing to enter Canaan (see **Num. 32:7-9, Deuteronomy 1:28**)

## Examples of Dealing with Discouragement

- **Elijah – 1 Kings 18 – 19**  
After great victory against Baal, Jezebel wants to kill him
  - He wants to quit
  - While God will grant his petition, He first gives him some work to do (**19:15-16**)

## Examples of Dealing with Discouragement

- Peter – **Luke 22:31-34**

Jesus tells him he will deny Him 3 times. Peter is adamant he will not, but he does (**22:54-62**).

What did this do to his confidence?

**John 21:15-17** is likely the restoration of Peter by Jesus.

## Examples of Dealing with Discouragement

- **John the Baptist** – **Matthew 11:2-3**

Are you the coming one...?

Jesus performs many miracles and charges John's disciples to tell him what they had seen. Let him reach the conclusion.



## Examples of Dealing with Discouragement

- Paul – **2 Corinthians 12:1-9**

His thorn in the flesh had to be discouraging. He pleads 3 times for its removal.

When the Lord refused, he ACCEPTED His answer and turned it into a positive attitude

- Other times – **2 Corinthians 11:28** - constant concern for brethren  
**2 Timothy 4:10, 16** - alone

# Examples of Dealing with Discouragement

- Jesus – **John 6:67-70**  
Many of His disciples left Him. He even asks the apostles if they want to leave too. They respond with encouraging words
- How did He feel about the cross? Forsaken by closest friends, hated by Jews, Pilate's cowardly sentence, etc.  
BUT He did not give up & turned to God

# Dealing with Discouragement

- **Attitude!**
- Solutions always begin with a proper attitude. Something we CAN control!
- Determine that you will NOT let it define you
- Know that you are not alone –  
**Hebrews 12:3**
- Be grateful – count your blessings, etc.

# Dealing with Discouragement

- Face it!
- Examine yourself – **2 Corinthians 13:5**
- Be courageous – **cf. Joshua 1:9**  
It takes courage to be honest with yourself
- Address it if you are able. Take action!

# Dealing with Discouragement

- Resist the devil
- He is the source!  
Cf. **2 Corinthians 12:7** Paul's thorn was a "messenger of Satan"  
Job's afflictions from Satan –  
**Job 1:12-20, 2:4-10** – He accused
- Elijah – Jezebel was wicked!
- Who put John in prison? **Luke 3:19-20**
- God did not do these things!  
**James 1:13**

# Dealing with Discouragement

- Change your environment
- Control what you can. If you are in a “toxic environment”, work to get out of it!  
If it’s a bad habit, QUIT it!  
**2 Timothy 2:2** – “flee youthful lusts”
- Take care of yourself physically – healthy habits can also help the mind

# Dealing with Discouragement

- Pray about it
- ALWAYS part of the solution
- **James 5:13**  
**Matthew 6:13**
- **1 Peter 5:7** – cast your cares on God  
**cf. Romans 8:26** – the Spirit helps  
with our prayers

# Dealing with Discouragement

- Read your Bible
- We need to spend time in His word, ESPECIALLY when we are facing troubles  
The Bible is filled with encouraging words, examples and promises
- **Psalm 119:104-105**
- **Acts 20:32** – the “word of His grace” is able to build you up



# Dealing with Discouragement

- Associate with the godly
- We are here for one another –  
**Hebrews 12:12**  
**Galatians 6:2**  
**1 Thessalonians 5:14**  
**James 5:16**
- God gave us a support mechanism –  
“one another”

# Dealing with Discouragement

- Get up and keep going
- Do NOT quit! Do NOT settle!  
**1 Corinthians 15:58**  
**2 Thessalonians 3:13**
- **Philippians 3:13-14** – do not dwell on the past

# Dealing with Discouragement

- Trust in God
- Challenging, but essential as we battle mental struggles. Learn to give it over to Him and leave it there!

**2 Corinthians 7:5-7**

**Proverbs 3:5-6**

- **Matthew 11:28-30** – Jesus invites us to come to Him.

Our struggles, can either defeat us  
or we can defeat them.

**James 1:2-4**



Do NOT let anything stand in your  
way of drawing closer to God!



Let us pray!

