

Discouragement is universal

- All of us get discouraged from time to time especially as we face various problems
 - There is no one exempt from the dark cloud it casts over our lives

**Discouragement can take many
forms and be caused by many
things**

Some Questions

- Do you have a job that is far from pleasant?
- Have you lost your job or about to lose your job?
- Are you having bad financial problems?
- Are you grieving over the death of a loved one which has given you that empty, lonely feeling?
- Do you have a son or daughter who needs help?

Some Questions

- Are you suffering from a debilitating disease of some sort?
- Are you suffering from the aches, pains, and loneliness of old age?
- Have you been sorely disappointed in someone you trusted?
- Are you disappointed with yourself, suffering under the burden of guilt?
- Is your marriage far from what it ought to be?

Some Questions

- Are you discouraged by the way you have been treated by some brother or sister?
- Are you discouraged because of church problems?
- Do you have an addiction to drugs, smoking, or alcohol?
- Are you suffering because a family member or friend has an addiction problem?

Some Questions

- Are you discouraged because you are not the kind of Christian you ought to be?
- Do you feel that you are not appreciated by your family, or your brethren?

Whatever it is that causes you to become discouraged, you can overcome it

- **In this lesson we will see what it takes to be able to deal with discouragement in our lives**



BATTLING DISCOURAGEMENT

Keep Your Mind on the Better World to Come



Keep Your Mind on the Better World to Come

In due time you will reap a bountiful harvest of blessings in a better place beyond the grave

- **Keeping that thought before you should help you deal with your problems and the discouragement that comes with them**

1 Peter 1:13

Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ...

Colossians 3:2-4

Set your mind on things above, not on things on the earth. 3 For you died, and your life is hidden with Christ in God. 4 When Christ who is our life appears, then you also will appear with Him in glory.



Keep Your Mind on the Better World to Come

The apostle Paul suffered many things of an adverse nature yet he called them a “light affliction” (2 Cor. 4:16)

- He could only do that by keeping his mind focused on the eternal glory that was to follow



BATTLING DISCOURAGEMENT

Strive to Bear Up Under Trials and Hardships



Strive to Bear Up Under Trials and Hardships

**Consider the thought expressed in 1 Peter 4:12-13
that trials are a part of life**

1 Peter 4:12-13

Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; 13 but rejoice to the extent that you partake of Christ's sufferings, that when His glory is revealed, you may also be glad with exceeding joy.



Strive to Bear Up Under Trials and Hardships

**Everyone will face a certain amount of
adversity – some more than others**

Job 14:1

**“Man who is born of woman is
of few days and full of trouble.”**

Ecclesiastes 7:14

In the day of prosperity be joyful, but in the day of adversity consider: surely God has appointed the one as well as the other, so that man can find out nothing that will come after him.



Strive to Bear Up Under Trials and Hardships

You must understand that fiery trials can serve a good purpose

James 1:2-4

My brethren, count it all joy when you fall into various trials, 3 knowing that the testing of your faith produces patience. 4 But let patience have its perfect work, that you may be perfect and complete, lacking nothing.



Strive to Bear Up Under Trials and Hardships

You must view hardships as an aid rather than a hindrance

2 Corinthians 12:7-9

And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. 8 Concerning this thing I pleaded with the Lord three times that it might depart from me. 9 And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.



BATTLING DISCOURAGEMENT

***Continue in the Faith No Matter What Life May
Bring***



Continue in the Faith No Matter What Life May Bring

You can have victory through your faith

1 John 5:4

For whatever is born of God overcomes the world. And this is the victory that has overcome the world – our faith.



Continue in the Faith No Matter What Life May Bring

**When Peter saw Jesus walking on the sea of Galilee,
he also wanted to walk on water (Matt. 14:28-31)**

- **When he saw the strong waves, his faith began to waver**
- **As he struggled as he began to sink, he knew to look to Jesus for help**



Continue in the Faith No Matter What Life May Bring

**You may not walk on water but you will walk through
some tough situations**

- **If you focus on the “waves” of difficulties and hardships,
without looking to Jesus for help, you too will despair and sink**



BATTLING DISCOURAGEMENT

Always Look to Jesus



Always Look to Jesus

**Jesus, your example in all things, is
also your example in dealing with trials**

Hebrews 12:1-2

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, 2 looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.



Always Look to Jesus

Jesus said, “Be of good cheer; I have overcome the world.”
(John 16:33)

- **Even as He spoke these words, He was in the shadow of death**
 - He knew He was about to die an excruciating, painful death
 - He was able to face such suffering by looking at the joy that was to follow



Always Look to Jesus

Also remember that Jesus received a lot of unjust criticism

- In Matthew 11:19 He was called a “glutton” and a “winebibber”
- When you are unjustly criticized, look to the Savior and rise above the lies



BATTLING DISCOURAGEMENT

Continue to Hold to the Truth at All Costs



Hold to the Truth at All Costs

The truth of God is that which you must prize above all other things

- **Col. 3:17. Do all in the name of the Lord.**
- **2 John 9. Do not go beyond the doctrine of Christ.**
- **John 8:31. True disciples abide in the word of Jesus.**



Hold to the Truth at All Costs

You must never decide a matter through emotionalism or your own will

- **You must always base your attitudes and actions on the truth**



BATTLING

DISCOURAGEMENT

Turn to the Bible for Strength and Comfort



Turn to The Bible for Strength and Comfort

Knowing that the things which were written before were written for our learning (Rom. 15:4), consider the words of Isaiah 40:28-31

Isaiah 40:28-31

Have you not known? Have you not heard? The everlasting God, the LORD, the Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable. 29

He gives power to the weak, and to those who have no might He increases strength. 30 Even the youths shall faint and be weary, and the young men shall utterly fall, 31 but those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.



Turn to The Bible for Strength and Comfort

All humans have their weaknesses but God's power and strength never diminishes

- He is never too tired or busy to listen and help
- He is the source of our strength (Phil. 4:13)
 - When you feel all of life crushing you and you cannot go another step, you can call upon the Lord and renew your strength



Turn to The Bible for Strength and Comfort

The Lord and His word can keep you from stumbling

Jude 24

**Now to Him who is able to keep you from stumbling,
and to present you faultless before the presence of
His glory with exceeding joy...**



Turn to The Bible for Strength and Comfort

Those to whom Jude was writing were vulnerable to heresies and to temptations toward immoral living

- Jude encouraged the believers to remain firm in their faith and trust in God's promises for their future
 - This was all the more important because they were living in a time of increased apostasy



Turn to The Bible for Strength and Comfort

You too are living in the last days, much closer to the end than those to whom Jude wrote

- **Although there is much iniquity around you, you need not be afraid or give up in despair**
 - **God is able to keep you from falling and to bring you into His presence and give you exceeding joy**



BATTLING DISCOURAGEMENT

Conclusion



Conclusion

Disappointments, discouragements and hardships will come

- **You need to trust God and His word for the strength to deal with them**
- **You need to have the proper attitude toward them and use them to grow to be the type of person God would have you to be**

Mountains to Climb

**Some days I get tired of fighting it all,
The more I try, the more I fall.
And as I study my life in review,
I realize my accomplishments have been rather few.**

Mountains to Climb

No wonder I ask myself, “Why struggle today?”
“Why not give up?” That’s the easy way.
But the universe’s architect, in His infinite plan,
Designed a challenge to make a man a man.

Mountains to Climb

Life's stumbling blocks He's placed in our way,
Are merely stairsteps to success each day.
So when I feel like quitting next time,
Let me remember, God made mountains to climb.

Billy Burden, (Edited)