

OVERCOMER

“Overcoming Discouragement” – Pt 3 of 4

January 24, 2016

DISCOURAGEMENT...

Two big ways discouragement causes damage.

1. Discouragement sidetracks you from really _____.
2. Discouragement makes you more vulnerable to _____.

What makes you discouraged?

Psalm 142

WHAT DO YOU DO WHEN YOU'RE DOWN FROM DISCOURAGEMENT?

LEARN FROM IT...(HOW)

Important questions to ask:

1. When do I get discouraged?
2. Why am I currently discouraged?
3. What would God say to me now?
4. Where do I need to change?

LIMIT IT...(HOW)

1. Schedule _____

“So the creation of the heavens and the earth and everything in them was completed. On the seventh day, God had finished His work of creation, so He rested from all His work. And God blessed the seventh day and declared it holy, because it was the day when He rested from His work of creation.”

Genesis 2:1-3 (NLT)

2. Practice _____

“...whoever refreshes others will be refreshed.” **Proverbs 11:25 (NIV)**

“...Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.” **Ephesians 4:29 (NLT)**

3. Pray for the _____ of your discouragement.

“You have heard the law that says, ‘Love your neighbor’ and hate your enemy. But I say, love your enemies! Pray for those who persecute you!”

Matthew 5:43-44 (NLT)

4. Change from the internal to the _____.

“Don’t be troubled. Trust in God. Trust also in me. My Father’s house has room to spare. If that weren’t the case, would I have told you that I’m going to prepare a place for you?” **John 14:1-2 (CEB)**

“Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise Him again – my Savior and my God!” **Psalms 43:5 (NLT)**

OTHER VERSES

1 Samuel 30:6; Psalms 16:8; 27:1-14; 31:24; 37:23-24; 43:5; Isaiah 51:11; John 14:1-2, 27; Romans 5:2-10; 2 Corinthians 4:8-9; Galatians 6:9; Philippians 1:6; 4:6-9; Hebrews 10:35-36; 1 Peter 1:6-9; 5:8-10