

Overcoming Discouragement



NO ONE is immune to Discouragement and Frustration! Life has its peaks & valleys, its ups & downs, its highs and lows... Even the sun (*seemingly*) gets dark at night but it rises every morning – David said, “...weeping may endure for a night, but joy comes in the morning.” – Psalm 30:5

Several Men and Women in the bible became Discouraged:

I. Elijah – I Kings 19:4 *“But he himself went a day’s journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, “It is enough! Now, Lord, take my life, for I am no better than my fathers!”*

II. David – I Sam 30:4, 6 – (v4) *“Then David and the people who were with him lifted up their voices and wept, until they had no more power to weep. (v6) Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But David strengthened himself in the Lord his God.”*

III. Rachel – Genesis 30:1 – *“Now when Rachel saw that she bore Jacob no children, Rachel envied her sister, and said to Jacob, “Give me children, or else I die!”*

IV. Hannah – I Samuel 1:10-11 – *“And she was in bitterness of soul, and prayed to the Lord and wept in anguish. Then she made a vow and said, “O Lord of hosts, if You will indeed look on the affliction of Your maidservant and remember me, and not forget Your maidservant, but will give Your maidservant a male child, then I will give him to the Lord all the days of his life, and no razor shall come upon his head.”*

Some Causes and Occasions of Discouragement:

- I. Illness (III John 2)
 - a. Paul – Thorn in the flesh – II Cor 12:7-8
 - b. Epaphroditus – Sick almost to death – Phil 2:25-30
 - c. Timothy – Sickness of stomach – I Tim 5:23

The loss of ones' health can cause discouragement. We need to be patient and pray. Sometimes our first thought is of the worse... It is in times such as these that we need to fortify ourselves in the faith. Seek and find God's promises in His word. Don't listen to Satan's whispers in this time of temptation; Satan has a way of stealing our joy and making us bitter instead of better. Avail yourself to encouraging saints whose friendship can bear you up in your time of need.

- II. Death
 - a. Shunammite Woman's son – II Kings 4:12-20
 - b. Dorcas – Acts 9:39

Because of the certainty of death (Heb 9:27), we all will experience the loss of a loved one. Just know that God makes No mistakes! He is not cruel or uncompassionate (John 11:35-36). Oftentimes, in despair, people blame God (Job 2:9), but the reality is that were it not for man's transgression in bringing sin into the world (Gen 3:13 / Rom 5:12), there would be no such thing as death. Job said it best when he said, "*...The Lord gave, and the Lord has taken away; Blessed be the name of the Lord.*" For the Christian, death (although painful) is a celebration of one's departure to be at rest with the Lord – II Cor 5:8 / Rev 14:13.

- III. Friends rejection/betrayal of you – Psalm 41:9 & Proverbs 18:24
- IV. Loss of hopes and dreams – loss of business, job, various disappointments., just know that only God can turn your disappointments into appointments for greater opportunities in His will (Acts 16:7-15). GOD Opens Doors!

Strategies for Overcoming Discouragement and Frustration:

- I. Be a blessing to someone else..! It's not all about me; change your focus!
- II. Remember that beneath your burdens, there are blessings! – Phil 1:12
- III. Rest a while, physical and emotional exhaustion is not good! – Mark 6:31
- IV. Block out evil thoughts., don't give Satan room in your heart to sow seeds of discouragement – Pray for strength (I Sam 30:6)
- V. Do not forget, you're Never Alone – I Peter 3:12 / Hebrews 13:6
- VI. God's Holy Spirit gives us strength to endure – Eph 3:16
- VII. God is with you and comforts us – "*Yea, though I walk through the valley of the shadow of death, I will fear not evil; For You are with me; Your rod and Your staff, they comfort me.*" – Psalm 23:4