DEFEAT DISCOURAGEMENT

Text: Psalms 42:11 - "Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God: for I shall yet praise Him, who is the health of my countenance, and my God."

THE CAUSES OF DISCOURAGEMENT & VERSES TO OVERCOME IT:

1) Looking At The Circumstances.

   This could be finances, marriage, children issues, job, lacking something, worry, fear, or feeling inadequate.

   II Cor. 5:7 / II Cor. 4:18 / II K. 6:16 & 17 / I K. 19:4 / Ps. 66:12 / Is. 43:2 / Ps. 46:1 / Ps. 34:17-19.

2. Not Trusting God Enough.

   When we are rooted and grounded in the Word of God, trusting Him no matter what is happening around us, we will have inner peace. We will be like a tree bearing fruit, even when the circumstances look dark. The "Son" is always shining in our hearts, by the Holy Spirit's presence and our faith in God's Word.

   Jer. 17:5 - 8 / Hab. 3:17 - 19 / Ps. 1:1 - 3 / Prov. 24:10 / Ps. 16:8 / Ps. 112:7 / Ps. 62:8 / Ps. 119:105 / Ps. 119:130.

3. Not Enough Rest.

   Keeping busy is great! Just remember to sleep, relax, and take a vacation. Having a schedule and making good use of your time is an excellent lifestyle to adhere to. Don't make the mistake of scheduling so much that you neglect to rest your body. The spiritual part of you is vital to the physical, as well.
Make time for God, His Word and serving Him. Remember the Mary & Martha story in the Bible? Both roles are important, but Martha didn’t take the time to relax and just enjoy being in Jesus presence. May we be like Mary, relax and enjoy our time with Him through out the day, especially when we awake each morning.


4) Too Much Time.

Some people actually have too much time on their hands. Idle time is dangerous! Often these kind of people find themselves sitting in front of the t.v., or tale-bearing juicy gossip to others, and letting their minds wonder in many negative directions. When the mind and body have too much time, with nothing to do, it can lead to depression. Dwelling and thinking on wrong thoughts, leads to physical, emotional and spiritual frustration. It will definately zap one's energy level down to almost zero! Keep active. Help others. Serve God in and out of the church. Give. Love. Get your mind off of yourself and what has happened to you that is not fair. Life isn't fair at times, but don't let your past or present dictate your happiness and future. Do something about it. Keep busy! Get a life! Volunteer. Do what you have to do to get your idle mind off of your stink'in think'in.

Prov. 18:9 / Ecc. 10:18 / Heb. 6:12 / Psalms 90:12 - "Teach us to number our days, that we may apply our hearts unto wisdom."

Remember, "wisdom is the principle thing" - Proverbs 4:7.

5) Loss.

Tragedy is never welcomed. It's crucial when one is going through a loss, that they surround themselves around people who will encourage and support them, emotionally and spiritually.
Dwelling on the "why's" a loss has happened is not as important as planning a bright future and plunging into it as soon as possible. Even when Jesus heard about His cousin, John, being beheaded, He went off for awhile to pray and be alone. (See: John 14:10 - 14) Jesus wasn't alone very long. The Bible says in vs. #14 - "And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and He healed their sick." Notice, Jesus didn't stay alone long. He had His time of solitude, as brief as it was, and went out to help the multitudes with needs.

The loss is not as important as how you handle the loss. It's not what happens to you that is as crucial as how you are going to handle it and go on with your life. Remember that.

When a loss occurs, it should actually prompt us to realize how fleeting life is. If we live to be over 100 yrs., life is short, so pray hard. Work for the Lord with joy. It's what we do for Him that will last through out all of eternity.

John 14:26 / Is. 26:4 / Phil. 4:4 - 8 / II Cor. 1:3 / Ro. 15: 4 / Is. 53: 4 - "Surely He hath born our griefs, and carried our sorrows…"

6) Self Pity.

When one feels sorry for themselves and their lack, etc., it can only eventually lead to depression and defeat. Self pity can also lead to jealousy. There is always someone worse off than you! A L W A Y S !!!! So rejoice that you have alot going for you. You have GOD on your side.

Phil. 4:19 / Phil. 4:13 / II Cor. 10:12 / Phil 2:4.

STOP comparing yourself with others. Be the unique you that God made you to be. Be motivated by another's good example or character, but don't compare talents or giftings
with another. It may cause very un-Christ-like thoughts, words and actions to arise out of your heart. Discover what God has gifted you to do and do it with all of your might. You are special. There is not one person in this universe quite like you!

Comparing yourself with others will do one of these two things: 1) Put you on an ego trip, cause you think you are better than them. 2) Discourage you, because you know you cannot meet up to their abilities or giftings.

7) Physical.

Sometimes physical pain and discomfort can cause people to get discouraged and disgruntled. No matter what physical afflictions may be ailing you, remember "With God all things are possible." (Matthew 19:26) Each day expect a miracle from God. Pray for someone else, so your miracle or healing can happen. James 5:15 - "...pray one for another, that ye may be healed..."

Ex. 15:26 / Jer. 30:17 - "For I will restore health unto thee, and will heal thee of thy wounds."
Is. 53:5 / 1 P. 2:24 / Ps. 103:1 - 3 / Ps. 107:20 / Jer. 32:27 / Ps. 42:11.

Don't be a grouch. People don’t like to be around grumpy, complaining folks. When Jesus was in all that pain on the cross, He was still thinking about you and me and those standing below the cross. He died and took all of that pain for the world. He suffered and took the stripes for our healing. Believe it. Receive it. Jesus didn't complain on the cross. He had love and forgiveness on his mind. Shouldn't we do the same?

8) Loneliness.

Create activity if you have to. Don’t allow loneliness to overtake you. Again, occupy your time wisely. Examples: Volunteer at a hospital,
nursing home, school or church. Visit shut-in’s. Pray with people over the phone. Go door to door handing out church fliers, get a job, foster or adopt children (they will definitely keep you young and take away every drop of loneliness), write a book or a song, get involved in Christian work, read. Should I say more? There’s always something to do to override loneliness. It’s not God’s will for any of us to feel lonely. We are never alone if we are born again and know Jesus. The Holy Spirit lives in our hearts to lead and guide us into all truth. (See: John 16:13)

Isaiah 41:10 - "Fear thou not; for I am with thee, be not dismayed; for I am the Lord Thy God: I will strengthen thee, yea, I will help thee; yea, I will uphold thee with the right hand of My righteousness."

I hope these 8 points and comments have helped you and others who read these sermon notes.

Remember: Defeat Discouragement By Determining To Target Every Negative Thought, Emotion and Behavior With The Word of God, Prayer and Praise!

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