

BEATING BACK DISCOURAGEMENT

DISCOURAGEMENT: DEPRIVED OF CONFIDENCE, HOPE OR SPIRIT

- Everyone deals with discouragement
 1. Sudden things that catch you by surprise
 2. Things that drag on and on for long periods
 3. Expectations not being realized
- Jesus warned us of the potential for discouragement (***John 16:33 NASB***)
 1. Tribulation: to crush, pressure, to squeeze
 2. The Christian life is not denying problems and pressure
 3. As a follower of Christ, our life is about not facing the problems and pressures alone

AN ENVIRONMENT FOR DISCOURAGEMENT (***1 Kings 19:1-8 CSB***)

- Elijah moved out of fear
 1. The messenger brought a threat, not a band of armed soldiers
 2. Elijah didn't pray and ask God, nor did he answer back - he ran
- Elijah left his help and went it alone
 1. Left the one who could have helped him
 2. He became isolated - no other perspective available
- Elijah lost his sense of true perspective
 1. I'm done - had enough
 2. Prayed to die - really didn't mean it
- God was merciful to Elijah
 1. Let him rest
 2. Fed him and didn't kill him
 3. Enabled him to keep moving - moving toward God

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- Face the pressure, don't run from it
 1. Moving out of fear causes more discouragement
 2. This is where we turn to the Lord (***Psalms 27:1-3 CSB***)
- Do not become isolated
 1. Things look worse when we are alone
 2. Jesus knew to send the disciples out two by two (***Ecclesiastes 4:9-10 NLT***)
 3. Another good reason for church
- Recognize when you have lost perspective
 1. Three don'ts
 2. Three do's