

DISCOURAGEMENT

Teacher's Outline

Discouragement

I Discouragement is a tool of the devil.

A. "I can get into places with it where nothing else will work."

B. We fail to realize that it belongs to the devil and that he uses it to void our Christian effectiveness.

II. Discouragement can overcome us if we fail to seek daily renewal of our "inward man."

A. II Corinthians 4:8-18

B. We are discouraged because we change our focus from the eternal to the temporal.

III. Discouragement is contagious.

- A. John 21:3
- B. Exodus 32:1
- C. Numbers 11:4-6
 - 1. Look at what they were discouraged about!

IV. As discouragement is the devil's tool, so courage begins with God!

- A. We have an inner strength which can bring us through discouraging circumstances
 - 1. Psalm 46:1-2
 - 2. Psalm 18:32
 - 3. Psalm 27:1; 14

V. We need God's perspective of trials and troublez.

- A. John 16:33
- B. Romans 5:1-5
- C. We don't always rely on the answers but we know where they are.

VII. God will reinforce our positive reaction under trying circumstances.

- A. Genesis 6:5-8, 17-18 (Noah)
- B. Genesis 22:1-2, 10-13 (Abraham)
- C. I Peter 5:7 (us!)

1. Think of the times within the past two years (or length of time you have been saved, if saved less than two years) that you have been discouraged. Describe why you were discouraged and how you handled each situation.
2. Now analyze each instance of discouragement you mentioned in Q #1 - place a Y by the situations where you expected too much of yourself and a G by the situations where you expected too little of God.
3. How do the following scriptures apply to discouragement?
I Corin. 2:9 James 1:17
II Corin. 9:8 Psalm 103
Ephesians 3:20
Philippians 4:19

I Corin. 2:9

When we are discouraged, we should remember that we have never seen, heard, or even imagined the wonderful things "God hath prepared for them that love him." We should take our thoughts off our problems and focus on the blessings that will come if we truly love the Lord.

II Corin 9:8

This verse is in the context of a teaching on giving, but the concept of God "being able to make all grace abound toward you" so that we always have "all sufficiency in all things" is clear. God's grace toward us and his provision for us will be sufficient. Whatever our situation, God's care will be enough to carry us through.

Ephesians 3:20

God is "able to do exceeding abundantly above all that we ask or think"! If we concentrate on that fact, how can we remain discouraged?

Philippians 4:19

God will supply all our needs; perhaps we are discouraged because we are emphasizing things we want for our fleshly satisfaction - things we do not really need at all.

James 1:17

God is always the same: In Him "is no variableness, neither shadow of turning." We can totally depend on the Lord regardless of the discouraging situation we find ourselves in.

Psalm 103

David had found himself in some very discouraging situations, but he recalled that the Lord had many benefits for him: He had forgiven David of his sins; He had saved David from destruction; He had given him lovingkindness and tender mercies.

Disdiscouragement

- the devil's tool ✓
- too high expectations of ourselves
- too low expectations of our God
- inner strength which can bring us through difficulty and discouraging circumstances. ✓
- We don't always rely on the answers but we know where they are. ✓
- far too often we are overcome with discouragement. ✓
- discouragement is contagious. ✓
- discouragement should lead us to a close examination of our inner selves.

- as discouragement is the devil's tool,
so courage begins with God.
- we need God's perspective of trials
and troubles. ✓
- God will reinforce our positive
reaction to trying circumstances!
- Determination keeps us functioning
under stress.
- Clearly defined goals help to
fortify us against discouragement.
- the processes are not always easy
and pleasant.
- don't measure themselves by their
neighbors or associates.
- not trying to impress anyone.
- have learned to be patient with

others as they are.

- are concerned that they earn God's approval.
- have examined the life of Christ and discovered his serene patience and are seeking to express that same spirit through their own attitudes.