

A dramatic landscape featuring a dark, stormy sky with heavy, dark grey clouds. A bright, orange and red sunset or sunrise is visible on the horizon, casting a glow over a city skyline and a body of water. The foreground shows a rocky shoreline. The overall mood is intense and atmospheric.

# ***How to Deal with Discouragement***




***(Ephesians 6:10-18)***



*Discouragement  
one of Satan's  
most effective  
weapons*

*(Ephesians 6:16)  
"Fiery dart..."*

# Three Stages of Discouragement

-  - Mild – Minor problems or pressures which effect our emotions - *(II Corinthians 4:1-18)*
-  - Strong – Major problems or pressures which effect our spirit so that others notice - *(I Thessalonians 5:14)*
-  - Disabling – Overwhelming problems or pressures which drain us of spiritual, mental, emotional and physical strength.

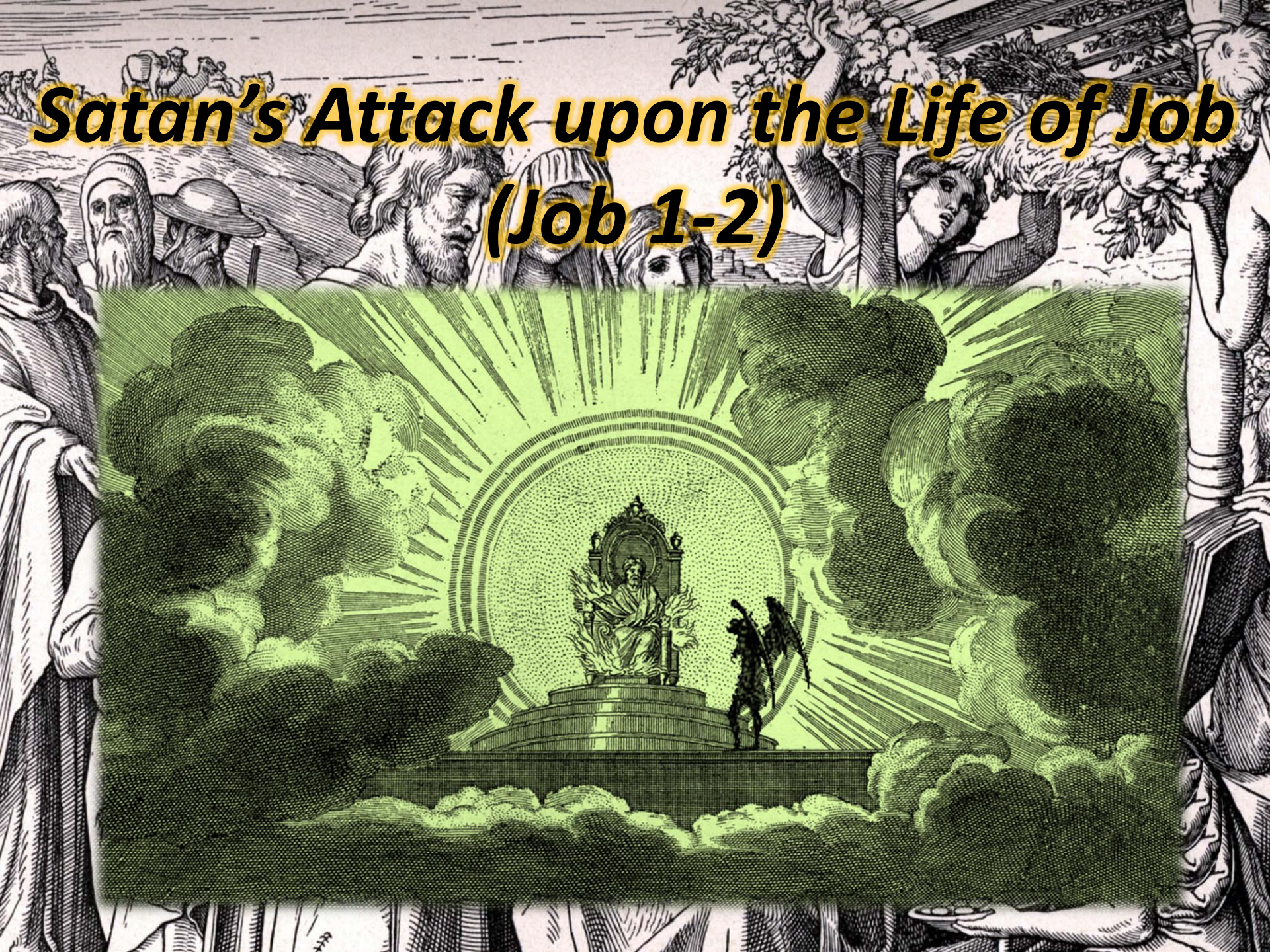
***Note: Our heart melts within us and we do not have the desire, energy, or ability to go on – (Galatians 6:9; Hebrews 12:1-5, 12)***

never  
never  
never  
give  
up

(winston churchill)



# ***Satan's Attack upon the Life of Job*** ***(Job 1-2)***





- Job – *1:14, 17*
- Wealth (sheep) – *1:6*
- Transportation (camels) – *1:3*
- Family – *1:18-19*
- Health – *2:7*
- Marriage – *2:8-9*
- Friendships – *5:11*



*“Job arose, and rent his mantle, and shaved his head, and fell down upon the ground and worshiped.”*

*“Naked came I out of my mother’s womb, and naked shall I return thither: the Lord gave, and the Lord hath taken away; blessed be the name of the Lord. In all this Job sinned not, not charged God foolishly.”*

*“Thou He slay me, yet will  
I trust Him: But I will  
maintain mine own ways  
before Him. He also shall  
be my salvation; for a  
hypocrite shall not come  
before Him. Hear  
diligently my speech, and  
my declaration with  
your ears...”*







*“Then said his wife unto him, Dost thou still retain thine integrity? Curse God, and die.”*

*“Thou speakest as one of the foolish women speaketh. What? Shall we receive good at the hand of God, and shall we not receive evil? In all this did not Job sin with his lips.”*

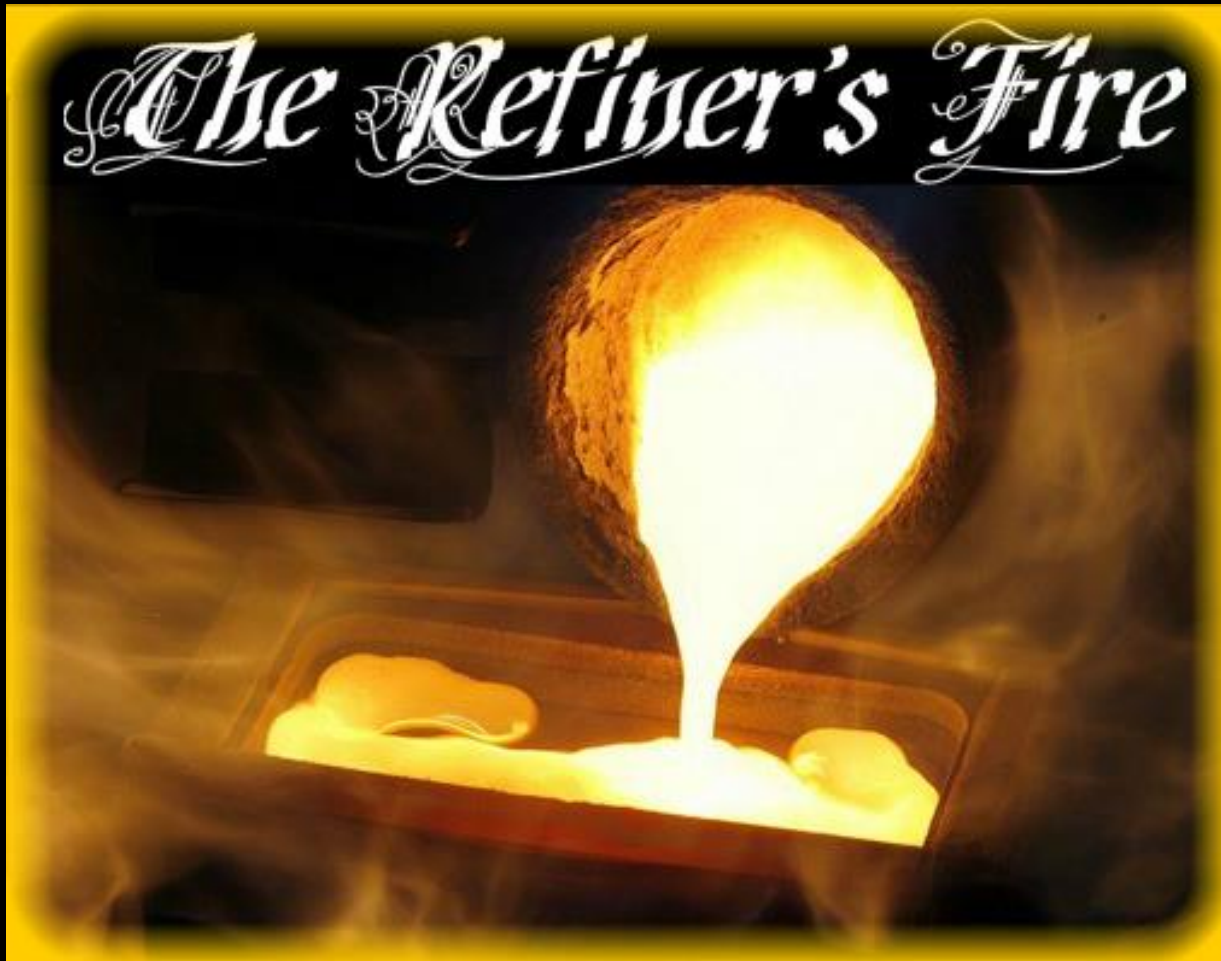




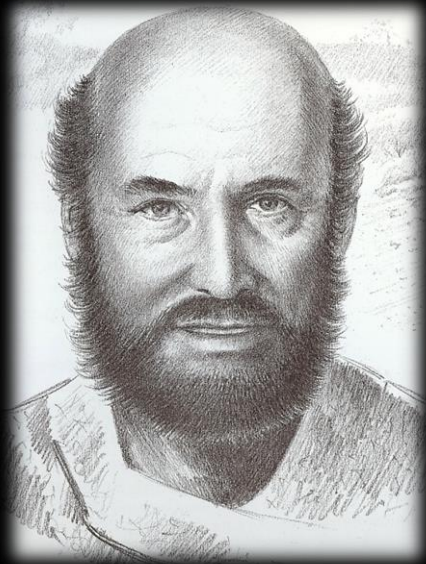
*“Behold, I go forward, but  
He is not there; and  
backward, but I cannot  
perceive Him. I cannot  
behold Him.”*

*“He hideth Himself on the right hand,  
that I cannot see Him.”*

# *The Refiner's Fire*



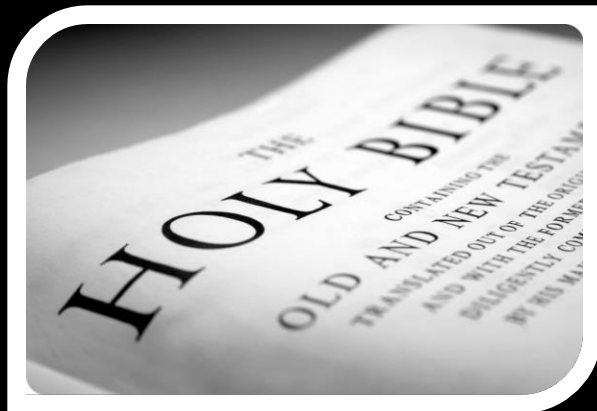
*“But He knoweth the way that I take: when He hath tried me, I shall come forth as gold.”*



*“According to my earnest expectation and my hope, that in nothing I shall be ashamed, but that with all boldness, as always, so now also Christ shall be magnified in my body, whether it be by life, or by death. For to me to live is Christ, and **to die is gain.** For I am in a strait betwixt two, having a desire to depart, and to be with Christ; which is far better.”*

# The Cause of Discouragement

- At the base of every discouragement is a lie from Satan –
- Jesus said - *“He is a liar and the father of lies...”*
- *“And ye shall know the truth, and the truth shall make you free...”*



## 1. Fear – 365 *“Fear not’s”* in the Scriptures

*“God hath not given us the spirit of fear...”*

## 2. Bitterness –

*“Looking diligently lest any man fail of the grace of God; lest a root of bitterness springing up trouble you, and thereby many be defiled.”*

Note: Unconditional forgivingness is the key to overcoming bitterness – *(Ephesians 4:31-32)*

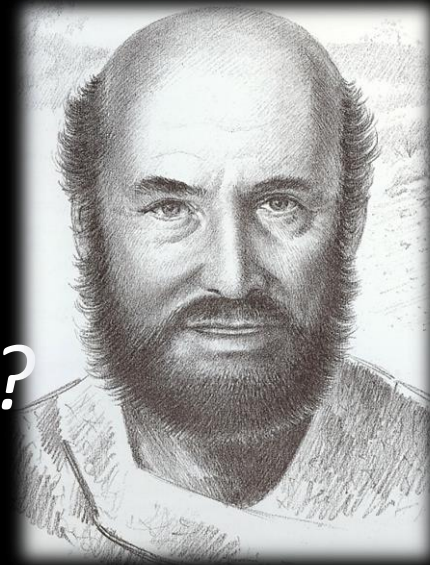
### 3. **Condemnation** – Others or Self:

*“Who shall lay any thing to the charge of God’s elect? It is God that justifieth. Who is he that condemneth? Is it Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us...Who shall separate us from the love of Christ?”*

*“There is therefore now no condemnation to them which are in Christ Jesus...”*



## 4. Unbelief – Mark 9:17-29



*“For what if some did not believe?  
Shall their unbelief make the  
faithfulness of God without  
effect?”*

*“When we are not faithful, he abideth  
faithful: He cannot deny himself.”*

## 5. Self-pity

- God has forsaken you
  - Nothing good will come from this situation
  - No body loves you
  - People are always hurting you
  - God is punishing you
  - You cannot do that
  - You do not have enough wisdom
- *Hebrews 13:5*
  - *Romans 8:28*
  - *I John 4:9-10*
  - *Ephesians 6:12*
  - *Hebrews 11:5-11*
  - *II Corinthians 12:9*
  - *James 1:5*

# The Root Cause of Discouragement

- Putting down the shield of Faith – *Ephesians 6:12-16*
- *When we lose sight of God's ways (because of situations or problems that arise) we remove the spiritual protection Christ has provided us in the shield of faith.*



# Wisdom



- Seeing life for
- 53 times Protection  
protection (C  
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**preserveth** the  
entereth  
**preserve**  
hee.”  
a **shield**  
Him.”

# How to Conquer Discouragement

- Take up the shield of faith
  - > This is done by recognizing Satan's lies and quoting God's truth – *II Corinthians 12:9*
- Set up a place to be alone with God – *Matthew 6:6; Luke 6:12*
- Encourage your heart in the Lord
  - > This is done through meditation on Scripture (*Psalms and I and II Peter*)

- Remove your self from discouraged people as much as possible – *Deuteronomy 20:8; Judges 7:2-3*
- Avoid making major decisions during times of discouragement – *Philippians 4:11; I Timothy 6:6-8*
- Tell your authorities and other godly Christians that you are discouraged and ask them to pray for you – *James 5:16*
- In every thing give thanks – *I Thessalonians 5:18; Hebrews 13:15*

- Confess discouragement as sin (lack of faith) –  
*“Whatsoever is not of faith is sin...”*  
*(Proverbs 28:13-14; I Timothy 1:19; I John 1:9)*
- Read biographies of great Christians –  
*I Corinthians 1:4*
- Listen to good up-lifting music - *Psalms*
- Focus on God’s reputation – *Matthew 6:9*
- Ask God for wisdom to discern how that the problems and pressures you are facing can develop faith and godly character in your life –  
*Romans 5:1-3, 8:28-29; James 1:1-4*

*“And David was greatly distressed; for the people  
spake of stoning him...but David encouraged  
himself in the LORD his God.” I Sam. 30:6*

