

Discouragement

How Jesus Overcame Discouragement

Discouragement

- “To deprive of courage or confidence: dishearten” (*Webster*)
- Deep and sober concern due to real problems can lead to discouragement.
 - Hard pressed and perplexed. 2 Corinthians 4:8-10
 - Jesus faced it and overcame it. Hebrews 4:15; 5:7-9 (1 Peter 2:21)

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Discouragement takes many forms and has many causes

- **Family matters.** John 7:2-5
 - Troubled marriage, children, illness, financial concerns, business, etc.
 - Misunderstandings and conflicts
 - Let none of these distract you from the focus of your faith. Matthew 6:25, 34

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Discouragement takes many forms and has many causes

- **Moral failures.** Luke 22:47-48, 61
 - Alcohol, drugs, sexual sins, lying, laziness, neglect, etc. (1 Corinthians 6:9-11)
 - Put away the past (with repentance) and press forward. Philippians 3:13-14

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Discouragement takes many forms and has many causes

- **Spiritual matters.** Matthew 8:23-26; Mark 4:35ff; Luke 8:22ff
 - Personal struggles of faith.
 - Little or no spiritual growth.
 - Sinful influences.
 - Church problems. (1 Corinthians 1:11)
 - Faithless brethren. (Deuteronomy 1:28)

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Discouragement takes many forms and has many causes

- **Remember the disappointments of others.** Galatians 6:2
 - Job (Job 2:11-13); David (Psalms 22:1-2); Elijah (1 Kings 19:4); Jeremiah (Jeremiah 9: 1-2)
 - Discouragements come! Matthew 18:7
 - Helps avoid self-pity. (not alone!)
 - Opens you up to helping others. (great way to overcome discouragement! 2 Corinthians 1)

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Jesus Overcame Discouragement

- **With endurance.** Hebrews 12:1-2
 - He ruled His circumstances. Philippians 4:10-13
 - Your reasons to endure include:
 - More than conquerors. Romans 8:35-39
 - Christ in you is greater. 1 John 4:4
 - He never fails you. Hebrews 11:32-39

Jesus Overcame Discouragement

- **With an eternal perspective.**
 - Look beyond the moment. John 4:25, 35
 - See the light (not the darkness):
 - Made stronger and closer. James 1:2-4
 - Purify and rejoice. 1 Peter 1:6-9
 - Be an instrument for God's glory. 2 Corinthians 4:14-15 (Note context)

Jesus Overcame Discouragement

- **Jesus kept working.**
 - Stay active in your faith. John 9:4
 - Look for the open path. Acts 16:6-10
 - Esther. Esther 4:14
 - Keep getting up. Proverbs 24:10, 16
 - Do not grow weary. Galatians 6:9-10

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Jesus Overcame Discouragement

- **Jesus prayed often.**
 - In nothing be anxious. Philippians 4:6-7
 - Jesus' retreat. Luke 5:15-16; 6:12-13
 - David's refuge. Psalms 55:1-8, 16-19
 - Cast your burden on the Lord. Psalms 55:22-23; 1 Peter 5:6-7

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Jesus Overcame Discouragement

- **Jesus was thankful.**
 - Joy comes in the morning. (Psalms 30:4-5) John 11:41; 16:22
 - God's presence and blessings sustain us through darkness and danger. Psalms 23:4
 - Give thanks in everything. 1 Thessalonians 5:18

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Let not your heart be troubled

John 14:1

- God strengthens and saves. Psalms 31:21-24 (Hebrews 13:5-6)
- *"The Lord bless thee, and keep thee ... and give thee peace"* Numbers 6:24-27

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