

Overcoming Discouragement

Discouragement - the feeling of having lost hope or confidence.

1 Timothy 1:18 (ESV)

18 This charge I entrust to you, Timothy, my child, in accordance with the prophecies previously made about you, that by them you may wage the good warfare,

1 Timothy 6:12 (ESV)

¹² Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses.

Philippians 3:13-14 (ESV)

13 ...one thing I do: forgetting what lies behind and straining forward to what lies ahead, 14 I press on toward the goal for the prize of the upward call of God in Christ Jesus.

Nehemiah 4: 6-11 (ESV)

6 So we built the wall. And all the wall was joined together to half its height, for the people had a mind to work.

7 But when Sanballat and Tobiah and the Arabs and the Ammonites and the Ashdodites heard that the repairing of the walls of Jerusalem was going forward and that the breaches were beginning to be closed, they were very angry. 8 And they all plotted together to come and fight against Jerusalem and to cause confusion in it. 9 And we prayed to our God and set a guard as a protection against them day and night.

10 In Judah it was said, "The strength of those who bear the burdens is failing. There is too much rubble. By ourselves we will not be able to rebuild the wall." 11. And our enemies said, "They will not know or see till we come among them and kill

them and stop the work.”

Primary causes of discouragement:

Fatigue
Frustration
Failure
Fear

Keys to overcoming discouragement:

1. Rest

Romans 8:28 (ESV)

28 And we know that for those who love God all things work together for good, for those who are called according to his purpose.

2. Remember

Ps 77:11-12 (ESV)

11 I will remember the deeds of the Lord; yes, I will remember your wonders of old. 12 I will ponder all your work, and meditate on your mighty deeds.

3. Refocus

Habakkuk 2:2-3 (ESV)

2. ...Write the vision; make it plain on tablets, so he may run who reads it. For still the vision awaits its appointed time; it hastens to the end—it will not lie. If it seems slow, wait for it; it will surely come; it will not delay

4. Renew

Philippians 4:8 (ESV)

8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Psalm 118:5 (ESV)

5 Out of my distress I called on the Lord; the Lord answered me and set me free.