

**ONLINE SERMON  
DEALING WITH DISCOURAGEMENT  
DR. LARRY LAMB – MAY 3, 2020**

*Margin*, by Dr. Richard Swenson, wrote about the danger of living with **NO Margin** in life. Dr. Swenson says that:

- Margin less is fatigue; margin is energy.
- Margin less is hurry; margin is calm.
- Margin less is anxiety; margin is calm.

I'll add this to the lists:

- Margin less is life lived by personal strength.
- Margin is life live through the power of the Holy Spirit.

***DISCOURAGEMENT IS A FEELING OF DESPAIR, SADNESS, OR LACK OF CONFIDENCE. A DISCOURAGED PERSON IS DISHEARTENED.***

The three underlying causes to discouragement are:

- A lack of confidence in God.
- A lack of confidence in ourselves.
- A lack of confidence in our future.

***(REF 1 Kings 18:26-29)***

**1 Kings 18.39** *And when all the people saw it, they fell face down on the ground and cried out, "The LORD—He is God! Yes, the LORD is God!"*

***(REF 1 Kings 19:1-14)***

**ELIJAH HAS COMPLETELY LOST HIS PERSPECTIVE.**

When perspective is lost it's easy for pessimism to emerge. He acquired a severe case of the "I am the only one" disease.

"You do not determine a man's greatness by his talent or wealth, as the world does, but rather by what it takes to discourage him. Life is filled with glorious opportunities brilliantly disguised as insoluble problems."

**JERRY FALWELL**

*A cluttered and unfocused life is often the beginning of discouragement. Getting free of clutter and refocusing is not as easy as it sounds. There are no short cuts.*

How can we alter our thoughts and gain a focused perspective?

**1. Rely completely on God's Word.**

**Psalm 139.17,18**

*How precious are Your thoughts about me, O God. They cannot be numbered! <sup>18</sup> I can't even count them; they outnumber the grains of sand! And when I wake up, You are still with me!*

**2. Look for people who replenish.**

**2 Timothy 1:16**

*May the Lord show special kindness to Onesiphorus and all his family because he often visited and encouraged me. He was never ashamed of me because I was in chains.*

**3. Take hope in the unending supply of Jesus' peace.**

**John 14.27**

*I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.*

*Dear Lord Jesus,  
I sense that I am being drawn to You. I have the desire to be right with You. I admit that in my life I have sinned and have done things with my mind and body that is clearly against Your will. Forgive me and purify my heart. I ask You to wash away the guilt of my sins and to make me a friend of God. May I live in freedom, peace, and purpose all the days of my life because of Your grace. AMEN.*