

**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! ¹⁸ 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.*