

How to defeat discouragement – Notes

Remember Your Purpose - As a Christian, our most basic purpose is to glorify God.

1 Corinthians 10:31b NLT - whatever you do, do it all to the glory of God.

Philippians 3:13-14 NLT

13 No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead,

14 I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

Keep It Between You and God

James 5:13a NLT

Are any of you suffering hardships? You should pray.

- Prayer should be our first resort...
but many times we treat it like it's our last...

Remind yourself God is on your side.

Psalm 56:9b NLT

... This I know: God is on my side!

Romans 8:31 KJV

What then shall we say to these things?

If God is for us, who can be against us?

Trust Him!

Jeremiah 29:11 NLT

For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope.

Romans 8:28 NLT

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Psalm 28:7 NLT

The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.

Psalm 62:8 NLT

O my people, trust in him at all times.
Pour out your heart to him, for God is our refuge.

Psalm 37:4-5NLT

Take delight in the Lord, and he will give you your heart's desires.

5 Commit everything you do to the Lord. Trust him, and he will help you.

- The true test of faith is when you don't understand ANYTHING at all, and you still trust God

Choose to Change your perspective!

- Stop thinking that every hard thing you face is a punishment or that it means you did something wrong... Maybe God is just preparing you for the place He has waiting...
- The closer you get to what God what's you to be, the more intense the battle becomes.

Encourage someone else!

Philippians 2:4 NLT

Don't look out only for your own interests, but take an interest in others, too.

Romans 15:2NLT We should help others do what is right and build them up in the Lord.

Speak Life...

Proverbs 18:21 Death and life are in the power of the tongue,

Proverbs 12:25 NLT

Worry weighs a person down;
an encouraging word cheers a person up.

Encourage Yourself!

1 Sam 30:6 says that David encouraged Himself in the Lord....

- Encourage yourself in the Lord... Go to the word speak truth to the lies of the enemy...

Stay on guard!

- Satan wants nothing more than to discourage you so he can shift your focus and take you down...

1 Peter 5:8 NLT

Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

Armor up!

Ephesians 6:10-13

10 A final word: Be strong in the Lord and in his mighty power.

11 Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.

12 For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

13 Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm.

Don't Quit

2 Corinthians 4:16-18 NLT

16 That is why we never give up. Though our bodies are dying, our spirits are being renewed every day.

17 For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever!

18 So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.

Psalms 27:13-14

13 Yet I am confident I will see the Lord's goodness while I am here in the land of the living.

14 Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord.