



Message Notes

Hebrews 12:1 NLT — “Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.”

Weights slow us down and sin trips us up.

Discouragement is damaging because it drains your faith.

Judges 6:12 NLT — The angel of the Lord appeared to him and said, “Mighty hero, the Lord is with you!”

What do you do when the Lord calls you something you cannot see in yourself?

God comes to encourage us. Satan comes to discourage us.

Judges 6:13 NLT — “Sir,” Gideon replied, “if the Lord is with us, why has all this happened to us? And where are all the miracles our ancestors told us about? Didn’t they say, ‘The Lord brought us up out of Egypt’? But now the Lord has abandoned us and handed us over to the Midianites.”

You can be God’s mighty hero and still not understand what has happened in your life.

Judges 6:14 NLT — Then the Lord turned to him and said, “Go with the strength you have, and rescue Israel from the Midianites. I am sending you!”

You don’t have to see everything clearly to do what the Lord has designed you to do.

Say this to yourself: All I have got is all that He needs!

Discouragement will make you look only at your problem. This is why you must train yourself to focus on God instead!

Psalms 122:1 NIV — I lift up my eyes to the mountains— where does my help come from? ² My help comes from the Lord, the Maker of heaven and earth

Discussion Questions

1. Pastor Brett reminded us that discouragement is damaging because it drains our faith. Have you ever fed encourage for so long that you felt your faith draining? If so, how did you rebuild your faith?
2. What can we practically do to prevent discouragement?
3. If you are living in the land of discouragement, you may have trouble believing what God says about you. What do you do when the Lord calls you something you cannot see in yourself?
4. How do you refocus your faith on what God has for you in a season of discouragement?