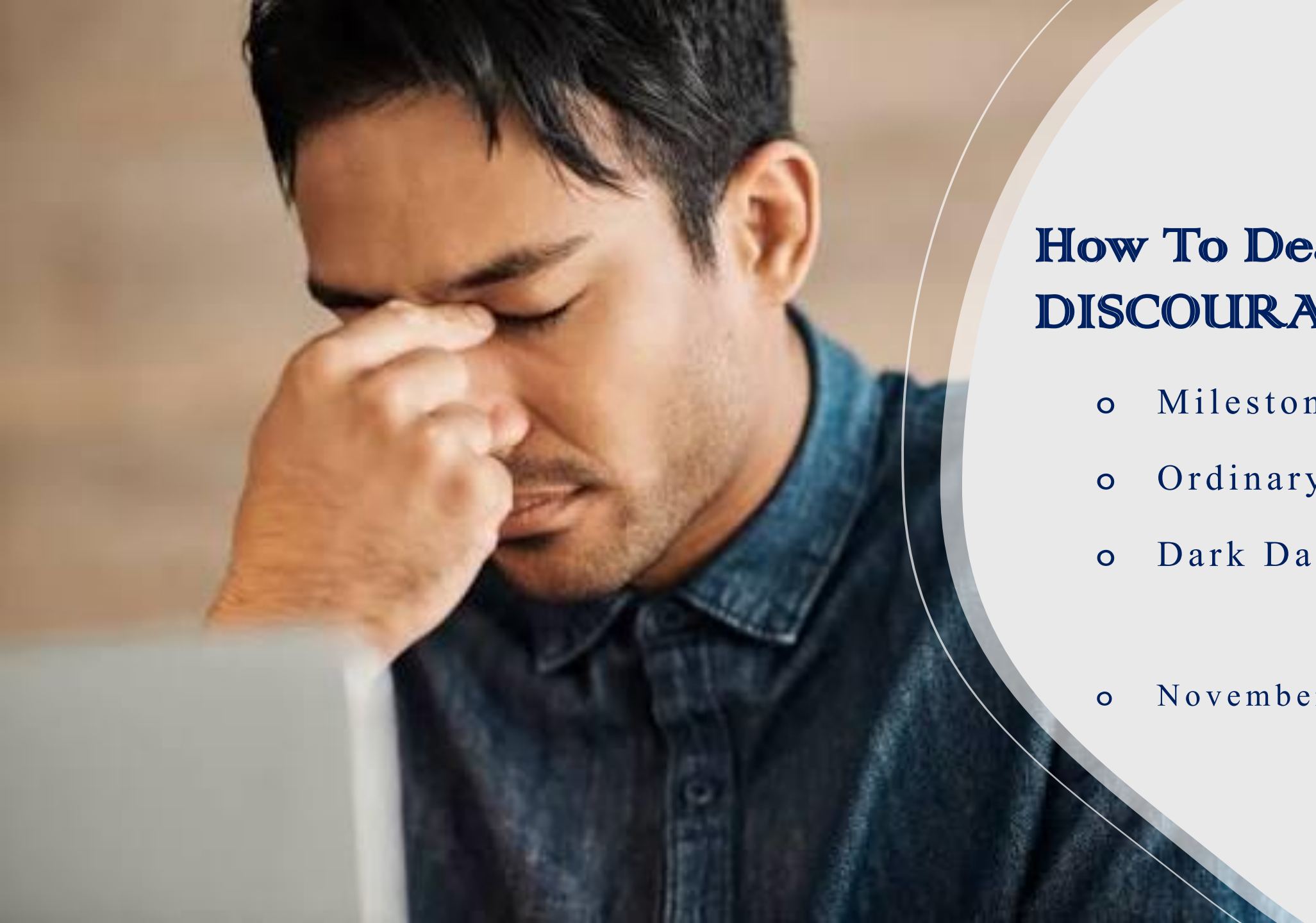

How To Deal With DISCOURAGEMENT

- Milestone Days
- Ordinary Days
- Dark Days

- November 22, 2026

How To Deal With DISCOURAGEMENT

Three Days Common To Almost Everyone:

1. **REVOLUTIONARY Days**-- *Milestone Days*

2. **ROUTINE Days** – *Ordinary Days*

3. **REGRET-FILLED Days** – *Distressing Days*

How To Deal With DISCOURAGEMENT

Discouragement Touches All Of Us In This Life:

- **James 1:2–4 (NIV) — 2** Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, **3** because you know that the testing of your faith produces perseverance. **4** Let perseverance finish its work so that you may be mature and complete, not lacking anything.

- **John 16:33 (NIV) — 33** “I have told you these things, so that in me you may have peace. **In this world you will have trouble. But take heart! I have overcome the world.”**

How To Deal With DISCOURAGEMENT

<u>The Definition Of Discouragement:</u>

- ***Discouragement = being without courage***
  - ***To be dispirited & disheartened***

- ***Loss of courage, spirit, and heart***
- ***Occurs in young and old alike***

How To Deal With DISCOURAGEMENT

Factors That Lead To Discouragement And Regret

- *The Hardness of the Way*
- *The Difficulty of the Task*
- *A Bad Report*
- *The Prosperity of the Wicked*
- *Delays in Fulfillment*

How To Deal With DISCOURAGEMENT

Challenges Within Us:

- *Losing awareness of life's beauty & blessings*
- *Lack of concern for others*
- *Losing perspective*
- *Not believing in God's promises*
- *Impatience with God’s timing*
- *Immature thinking*
- *Demanding of God*

How To Deal With DISCOURAGEMENT

What Can We Do About Discouragement?

- *Expect discouragement --Do not worry about it*
- *Challenge your way of thinking about Discouragement*
- *Learn to Hope & not to Despair*
- *Press into God for hope that can strengthen us*

How To Deal With DISCOURAGEMENT

<u>When Facing Discouragement Remember: Who God Is</u>

- *What He Has Done*
- *What He Is Doing*
- *What He Is Going To Do*

How To Deal With DISCOURAGEMENT

Remember What God Has Said!

- *At Red Sea – You Will Never See These Egyptians Again!*
- *He Will Take Hold Of Our Right Hand And Help Us*
- *Take Heart Your Sins Are Forgiven*
- *Take Courage -- Don't Be Afraid"*
- *Take Courage -- Not One Of You Will Be Lost"*