

How To Defeat Discouragement

August 9, 2026



How To Defeat Discouragement

- **Moses: Was Discouraged Because The People Continually Complained – (Numbers 11:10-15)**
- **Joshua: Was Discouraged Because Instead Of Defeating Ai They Were Defeated Handily By Them (Joshua 7:7-9)**
- **Elijah: Ended Up In The Cave Of Discouragement .. When He Was Being Chased By The Troops Of Ahab And Jezebel (1 Kings 19:4, 9-18)**

How To Defeat Discouragement

Four Distinct Causes For Discouragement:

- 1. *FATIGUE: We Can Become Worn Out***
- 2. *FRUSTRATION: We Can Become Weighted Down***
- 3. *FEAR: We Can Get Worked Up***
- 4. *FAILURE: We Can Be Written Off***

--James O. Davis

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Discouragement Is A Part Of Life

- **(John 16:33 NIV)** “*In this world you will have trouble*”

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The Key To Defeating Discouragement is:

We Have The Mind Of Christ

- We Have Faith & We Know We Will Make It
- Not Because **We** Are Able -- But Because **He** Is Able!

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Focus On What God Has Already Done:

- ***Psalms 126:3 (NIV)*** *"The LORD has done great things for us, and we are filled with joy."*
- ***James 1:17 (NIV)*** *"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows."*

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Recognize What God Is Doing

- **Mat 21:42 (NIV)** Jesus said to them, "Have you never read in the Scriptures: "The stone the builders rejected has become the capstone ; *the Lord is doing this, and it is marvelous in our eyes'*
- **Phil 4:4 (NIV)** "Rejoice in the Lord always. I will say it again: Rejoice!"

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Rejoice In What God Will Do:

- **Joel 2:21 (KJV) — 21** Fear not, O land; be glad and rejoice:
For the Lord will do great things.
- **1 Samuel 12:16 (NIV) — 16** “Now then, stand still and **see**
this great thing the LORD is about to do before your
eyes!

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***The Lord Has Given Us Weapons To Engage The Enemy
As He Tries To Overwhelm Us With Discouragement:***

- ***The Weapon Of Praise***
- ***Fasting & Prayer***
- ***The Blood of The Lamb***
- ***The Word of Our Testimony***
- ***The Word of God***
- ***The Name of Jesus***

How To Defeat Discouragement

God Has Us In His Care

- ***He Has Carried Us In The Past***
 - ***He Is Now Carrying Us***
 - ***He Will Continue To Carry Us In The Future***
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- **God Will Continue To Do Great Things In Our Lives**

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Psa 55:22 (NIV) "Cast your cares on the LORD and he will sustain you; he will never let the righteous fall."

- God Is A Sustaining Force In The Life Of The Righteous
- In the Past – At Present – In the Future
- Jesus Christ -- Is Our Hope And Our Strength

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The Future For Believers Is Bright...

- *There Is Still Reason For Hope*
- ***God is Faithful***
- ***God is Grace-Filled***
- ***God is Able***

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Luke 21:28 (NIV) — 28 *When these things begin to take place, stand up and lift up your heads, because your redemption is drawing near.*

- ***Our Future Is Not Discouraging And Disheartening***
- ***It Is Not Doom And Gloom***
- ***It Is Grand And Glorious In Christ Jesus!***

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Isa 40:31 (NIV) "but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Put Your Trust And Hope In The Lord

- *You Can Walk*
- *You Can Run*
- *You Can Soar*

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Replace Discouragement With Hope In The Lord

- Let The Lord & His Word Change Your Thought Process
- He ***Was*** Faithful, Grace-filled, & Able In The ***Past***
- He ***Is*** Faithful, Grace-filled, & Able In The ***Present***
- He ***Will Be*** Faithful, Grace-filled, & Able In The ***Future***