



DISCOURAGEMENT

Numbers 13:17-33

When Moses sent them to explore Canaan, he said, “Go up through the Negev and on into the hill country. 18 See what the land is like and whether the people who live there are strong or weak, few or many. 19 What kind of land do they live in? Is it good or bad? What kind of towns do they live in? Are they unwalled or fortified? 20 How is the soil? Is it fertile or poor? Are there trees in it or not? Do your best to bring back some of the fruit of the land.” (It was the season for the first ripe grapes.)

21 So they went up and explored the land from the Desert of Zin as far as Rehob, toward Lebo Hamath.

22 They went up through the Negev and came to Hebron, where Ahiman, Sheshai and Talmi, the descendants of Anak, lived. (Hebron had been built seven years before Zoan in Egypt.) 23 When they reached the Valley of Eshkol, they cut off a branch bearing a single cluster of grapes. Two of them carried it on a pole between them, along with some pomegranates and figs.

24 That place was called the Valley of Eshkol because of the cluster of grapes the Israelites cut off there. 25 At the end of forty days they returned from exploring the land. 26 They came back to Moses and Aaron and the whole Israelite community at Kadesh in the Desert of Paran. There they reported to them and to the whole assembly and showed them the fruit of the land. 27 They gave Moses this account: "We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit.

28 But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there. 29 The Amalekites live in the Negev; the Hittites, Jebusites and Amorites live in the hill country; and the Canaanites live near the sea and along the Jordan.” 30 Then Caleb silenced the people before Moses and said, “We should go up and take possession of the land, for we can certainly do it.” 31 But the men who had gone up with him said, “We can’t attack those people; they are stronger than we are.”

32 And they spread among the Israelites a bad report about the land they had explored. They said, "The land we explored devours those living in it. All the people we saw there are of great size. 33 We saw the Nephilim there (the descendants of Anak come from the Nephilim). We seemed like grasshoppers in our own eyes, and we looked the same to them."

Discourage:

To deprive of courage or confidence,
to lose heart

**I. Discouragement can
happen to ANYONE**

Signs of discouragement:

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A. When you seek out ungodly means

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B. Having negative thoughts, even dark thoughts

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C. Withdrawing from God's presence and his people

Signs of discouragement:

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D. When prayer and the Word becomes a burden and you can't concentrate on relating with God

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E. Sleep affected (too much/too little)

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F. Complacency

**2. You don't have to FEEL
faith to be faithful**

Numbers 13:30-32

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Philippians 3:14

I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Romans 12:2

Do not be conformed to this world, but be transformed by **the renewal of your mind**, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Colossians 3:1-3

Since, then, you have been raised with Christ, **set your hearts** on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things. 3 For you died, and your life is now hidden with Christ in God.

Philippians 4:8

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, ***think about these things.***

2 Corinthians 10:5

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we **take captive every thought** to make it obedient to Christ.

3. If you're about to collapse...
Collapse on Jesus

I Peter 5:6-7

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

7 Cast all your anxiety on him because he cares for you.

Hebrews 12:12-17 (MSG)

So don't sit around on your hands! No more dragging your feet! Clear the path for long-distance runners so no one will trip and fall, so no one will step in a hole and sprain an ankle. Help each other out. And run for it!

14-17 Work at getting along with each other and with God. Otherwise you'll never get so much as a glimpse of God. Make sure no one gets left out of God's generosity. Keep a sharp eye out for weeds of bitter discontent.

2 Timothy 1:7

for God gave us a spirit not of fear but of power and love and self-control.



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