

Defeating Discouragement

I. Introduction

A. Joshua 1:1-8 (KJV) – ¹*Now after the death of Moses the servant of the LORD it came to pass, that the LORD spake unto Joshua the son of Nun, Moses' minister, saying, ²Moses my servant is dead; now therefore arise, go over this Jordan, thou, and all this people, unto the land which I do give to them, even to the children of Israel. ³Every place that the sole of your foot shall tread upon, that have I given unto you, as I said unto Moses. ⁴From the wilderness and this Lebanon even unto the great river, the river Euphrates, all the land of the Hittites, and unto the great sea toward the going down of the sun, shall be your coast. ⁵There shall not any man be able to stand before thee all the days of thy life: as I was with Moses, so I will be with thee: I will not fail thee, nor forsake thee. ⁶**Be strong and of a good courage:** for unto this people shalt thou divide for an inheritance the land, which I swear unto their fathers to give them. ⁷**Only be thou strong and very courageous,** that thou mayest observe to do according to all the law, which Moses my servant commanded thee: turn not from it to the right hand or to the left, that thou mayest prosper withersoever thou goest. ⁸This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*

Vs18b...**Only be strong and of a good courage**

1. Good courage – Courageous
2. Courageous Def – not deterred by danger – BRAVE – Bold, unflinching, unafraid
3. Bible Def – alert, stout – solid – *to strengthen oneself or to secure oneself – to exhibit strength – to be strong – feel strong*
4. This is how God sees his people
This is how God wants His people to be

5. This is a picture of a WARRIOR that is sure to win in the time of warfare.

B. The Enemy of Courage is Discouragement

1. **Discouragement** – a loss of confidence or enthusiasm – The state of having lost your confidence
2. Discouragement opens the door to fear
3. Discouragement opens the door to the enemy
4. Discouragement opens the door to defeat
5. Discouragement can be an enemy – so it must be defeated
6. When you fail to defeat discouragement, discouragement will defeat you.

C. The Text –

1. Joshua is leading the Children of Israel into a new season
2. The of that new season is discouragement
3. God repeats the command to Joshua repeatedly “Be strong and Courageous”
4. Why? God knows that if courage is lost – the battle is lost – victory is lost
5. God knows that the greatest enemy at this moment – is discouragement

II. Defeating Discouragement (Two Ways to Defeat Discouragement)

A. Focus your attention on His Word

We are told repeatedly throughout the Word of God to keep our attention on the things God has said.

1. **Joshua 1:3 (KJV)** – *Every place that the sole of your foot shall tread upon, that have I given unto you, as I said unto Moses*
2. **Joshua 1:5 (KJV)** – *There shall not any man be able to stand before thee all the days of thy life: as I was with Moses, so I will be with thee: I will not fail thee, nor forsake thee.*

3. **Joshua 1:13 (KJV)** – *Remember the word which Moses the servant of the LORD commanded you, saying, The LORD your God hath given you rest, and hath given you this land.*
4. **Joshua 1:8 (NIV)** – *Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*
5. Your success will be directly connected to focusing your attention on the things I have said to you!
6. NEVER FORGETT HE PROMISES GOD HAS GIVEN TO YOU
The temptation will be to let go of your promises when discouragement comes. Remind yourself of what God’s Word says to you!

B. Remember the victories of the past

1. The Word is a testimony of past victories
2. God always left specific directions for the Children of Israel to speak of past victories in the presence of their children
3. Reminding yourself of the things that God has already done – will drive out discouragement.

C. David Encourages Himself

1. **1 Samuel 30:6 (KJV)** – *And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God.*
2. **Psalms 105:5 (KJV)** – *Remember his marvellous works that he hath done; his wonders, and the judgments of his mouth*
3. **Psalms 77:11-12 (KJV)** – *I will remember the works of the LORD: surely I will remember thy wonders of old. ¹²I will meditate also of all thy work, and talk of thy doings.*
 - i. I will remember
 - ii. I will Meditate
 - iii. I will Talk

4. David drove out discouragement by remembering the great works that God had already done.

NOTE: Defeating Discouragement will always require you to –

- **Remember His Word**
- **Remember His Works**

D. The Example of the Disciples

1. **Mark 4:35-40 (KJV)** – ³⁵And the same day, when the even was come, he saith unto them, Let us pass over unto the other side. ³⁶And when they had sent away the multitude, they took him even as he was in the ship. And there were also with him other little ships. ³⁷And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. ³⁸And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish? ³⁹And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm. ⁴⁰And he said unto them, Why are ye so fearful? how is it that ye have no faith?

The Disciples forgot the Word that Jesus had spoken, “Let us pass over to the other side” – discouragement

2. **Mark 8:14-21 (KJV)** – ¹⁴Now the disciples had forgotten to take bread, neither had they in the ship with them more than one loaf. ¹⁵And he charged them, saying, Take heed, beware of the leaven of the Pharisees, and of the leaven of Herod. ¹⁶And they reasoned among themselves, saying, It is because we have no bread. ¹⁷And when Jesus knew it, he saith unto them, Why reason ye, because ye have no bread? perceive ye not yet, neither understand? have ye your heart yet hardened? ¹⁸Having eyes, see ye not? and having ears, hear ye not? **and do ye not remember?** ¹⁹When I brake the five loaves among five thousand, how many baskets full of fragments took ye up? They say unto him, Twelve. ²⁰And when the seven among four thousand,

*how many baskets full of fragments took ye up? And they said, Seven.
²¹And he said unto them, How is it that ye do not understand?*

- i. The disciples forgot/failed to remember His works – miracles had just performed in their presence
- ii. Israel had memory issues as well.

Psalm 106:21 (NLT) – *They forgot God, their savior, who had done such great things in Egypt*

- 3. The Disciples failed to remember the Word and Works of Jesus – Discouragement

E. We must not fail to remember

- 1. God's Word
- 2. God's Works in our life
- 3. When we remind ourselves of these, we are expelling discouragement and building courage into our lives!
- 4. Stir up your Courage –
 - a. Remember the things he has done for you in your past
 - b. Intentionally Meditate on these things through thanksgiving
 - c. Speak of these things!
 - i. Remind friends and family of the times God brought you through
 - ii. Speak his promises
 - iii. Speak praise for past victories
 - iv. Go ahead and praise in advance for this victory!