How To Rise Above Discouragement

Ken Chapman · Psalm 34:17–19

INTRODUCTION

- Fundamental part to our Christianity is the idea of being rooted and established in our faith and then being built up and abounding in it.
- All of God's people have been discouraged at one time or another.
- They experienced that discouragement, but they found a way out of it. And that way out and that pathway was provided by God.

1 What Causes Discouragement?

2 Timothy 4:9–16; Psalm 51:3–5; Ecclesiastes 9:11–12

- Sometimes the reason I am discouraged is because of other people.
- At my first defense, no one stood with me. But all forsook me.
- What's more discouraging than that? Is when the person who's let me down and made me spiritually discouraged is the person I see in the mirror.
- Discouragement can just come from the circumstances of life.
- The race is not to the swift, nor the battle to the strong, nor bread to the wise, nor riches to men of understanding, nor favor to men of skill. But time and chance happen to them all.

2 We Can't Eliminate It, But We Can Deal With It

Psalm 34:17–19

- People are going to let you down. You're going to disappoint yourself. Life is going to continue to not be fair.
- The righteous cry out. And the Lord hears.
- Many are the afflictions of the righteous, but the Lord delivers him out of them all.
- So discouragement's a part of life. We can't eliminate it, but we can deal with it. With God's help.

3 Seek Sources of Encouragement

Galatians 6:1–10

- Even in the worst of days or the worst of years, God still hears his children. He still delivers us.
- Bear one another's burdens, and so fulfill the law of Christ.
- Maybe a better exercise is to make a list of people who've encouraged you. And seek those people out in your times of discouragement.
- When you're seeking out those positive, truly positive people, don't seek them out so that you can pull them down to your discouragement.
- The word of God can pull you up out of your discouragement.

4 Don't Focus on the Discouragement

Philippians 1:12–14

- Whether you're discouraged or encouraged is decided simply by what you will focus on.
- These things that have happened to me have actually turned out for the furtherance of the gospel.
- Don't focus upon the negative, but try to see positive even in dark days.

5 Busy Yourself in the Lord's Work

- Go out and do something good for somebody else. And then repeat that nine more times.
- Sometimes just one act of kindness that you show to someone else can pull you out of your own discouragement.
- And you become an encourager to someone else and to yourself.

6 Give Ourselves Permission to Rest

Mark 6:25–31

- God also let Elijah rest. He slept under that tree.
- Come aside by yourselves to a deserted place and rest a while.
- Sometimes you need a rest. Sometimes you just need to come apart and rest.

> THE CHALLENGE
>
> **Are you discouraged? You're in good company. But there's a way out. And God has provided that way out. The Lord hears those who cry out to him. Would you cry out to him this morning?**

MY NOTES