

Overcoming Discouragement

Carrying The Weight of the World

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INTRODUCTION

What is discouragement? A loss of confidence or enthusiasm; feeling despair and hopelessness; disheartened; gloom.

I. Realize Even Faithful Followers Battle Discouragement

See Lamentations 3:1-16

I have been deprived of peace; I have forgotten what prosperity is. ¹⁸ So I say, "My splendor is gone and all that I had hoped from the Lord." I remember my affliction and my wandering, the bitterness and the gall. ²⁰ I well remember them, and my soul is downcast within me." Lamentations 3:17-20

See also Moses (Exodus 5), Hannah (1 Samuel 1), David (Psalm 42), Elijah (1 Kings 19), Paul (2 Corinthians 12:1-10)

II. Take Responsibility To Coach Yourself

*You can't pull up what you haven't put in.

Yet this I call to mind and therefore I have hope: ...

Lamentations 3:21

I say to myself,... **Lamentations 3:24**

III. Draw Strength From God's Credibility

Only the convictions that God is with us and is faithful can lead us to peace and hope through life's discouragements.

Yet this I call to mind and therefore I have hope: ²²Because of the Lord's great love we are not consumed, for his compassions never fail. ²³They are new every morning; great is your faithfulness.

²⁴I say to myself, "The Lord is my portion; therefore I will wait for him." Lamentations 3:21-24

IV. Take Your Next Faithful Step

*Repent (Lamentations 3:40-42)

*Wait Faithfully (Lamentations 3:24-26)