DISCOURAGEMENT…

*“Look and see, there is no one at my right hand; no one is concerned for me. I have no refuge; no one cares for my life. I cry to you, Lord; I say, ‘You are my refuge, my portion in the land of the living.’ Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me.”* Psalm 142 (NIV)

**What do you do when you’re down with discouragement?**

1. **LEARN FROM IT…**

**Important questions to ask:**

**When am I usually discouraged?** (common ground)

**Why am I discouraged today?**

**What would God say to me now?**

Matt 23 – *“First, wash the inside of the cup and then the outside will become clean.”*

1. **LIMIT IT…**

**1. Practice encouragement**

*“Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.”* Ephesians 4:29 (NLT)

**2. Pray for the source of your discouragement***.*

*“You have heard that the law of Moses says, 'Love your neighbor' and hate your enemy. But I say, love your enemies! Pray for those who persecute you!”* Matthew 5:43-44 (NLT)

**3. Point to the eternal***.*

*“Don't be troubled. You trust God, now trust in Me. There are many rooms in My Father's home, and I am going to prepare a place for you. If this were not so, I would tell you plainly.”* John 14:1-2 (NLT)

*“Why am I discouraged? Why so sad? I will put my hope in God! I will praise Him again – my Savior and my God!”* Psalm 43:5 (NLT)

1 Samuel 30:6; Psalms 16:8; 27:1-14; 31:24; 37:23-24; 43:5; Isaiah 51:11; John 14:1-2, 27; Romans 5:2-10; 2 Corinthians 4:8-9; Galatians 6:9; Philippians 1:6; 4:6-9; Hebrews 10:35-36; 1 Peter 1:6-9; 5:8-10