

**Dealing with discouragement**

What will 2018 bring ... ?

... BOTH times of good and times of hardship.

**What is discouragement?**

= “the loss of confidence or enthusiasm”.

... different reasons ...with different levels of intensity... for different lengths of time ...  
at different times throughout the year.

**What causes discouragement?**

Endless difficulties

Fatigue and overwork

Loneliness in life

Past failures and the ongoing struggle against sin in your own life

Attacks from people you considered fellow Christians

Unrealistic expectations on yourself and unrealistic expectations of others

The loss of support you once had

Long term illness or a life changing injury

... if we have wrong thinking about God.

... when we fail to trust God as we should and when instead we look for other things in  
life to bring meaning, purpose and fulfilment to life.

**What does the bible say?**

... sin is a great potential causer of discouragement in God's people.

How should we deal with it?

1) **Know God's word**

Heaps of things in the word of God that would help us deal with discouragement.

Col 3:16 - allowing God's word to dwell richly amongst us as God's people.

2) **Know God's grace**

**3) Know God's plan and purpose**

= what God is doing in his world to bring us under the headship of Christ.

Hebrews 12 ...throw off everything that hinders us ...

**4) Know God's family**

Hebrews 10:24-25 ... us gathering together to encourage one another as God's people in living for Jesus until Jesus returns.

**5) Prayerfully depend on God**

1 Thess 5:14, "encourage the disheartened, help the weak and be patient with everyone".

verse 16, "rejoice always, who pray continually and who give thanks in all circumstances for this is God's will for us in Christ Jesus."