



BATTLING
DISCOURAGEMENT

What Is Discouragement?

- **The word discouragement comes from the root word courage. The prefix “dis” means “the opposite of.” Therefore, discouragement is the opposite of courage.**
- **Discouragement is, “the depravation of confidence, hope, or spirit.” (Webster Dictionary)**
- **Discouragement is one of our adversary, the devil’s most effective tools. (1 Peter 5:8)**

Some Biblical Examples of Some Who Experienced Discouragement

- **Elijah experienced discouragement. (1 Kings 19:1-4)**
- **Job experienced it. (Job 3:26, 10:1, 30:15-17)**
- **David experienced it. (Psalm 6:6-7)**
- **Jeremiah also experienced it. (Jeremiah 20:14-18)**

Why Do We Sometimes Get Discouraged?

- **Negativity.** (Deuteronomy 1:26-28)
- **Illness.** (2 Samuel 12:15-18)
- **Frustration.** (Ezra 4:4-5)
- **Loneliness.** (Psalm 25:16, 142:4)
- **Guilt.** (Psalm 38:3-8)
- **Anxiety.** (Proverbs 12:25)
- **Persecution.** (Matthew 5:10-12; John 16:33; 2 Timothy 3:12)

How Can We Effectively Battle Discouragement?

- Think positive. (Prov. 23:7; Phil. 4:8, 13)
- Cast your cares upon God. (2 Sam. 12:16; Ps. 55:22; Heb. 4:16)
- Consider Jesus who endured such hostility from sinners against Himself. (Heb. 12:3)
- Always remember that God cares for you, and has promised to never leave you. (1 Pet. 5:7; Heb. 13:5-6)
- Turn to God and never look back. (Ps. 51:1-4; Phil. 3:13; Jm. 4:8)
- Be anxious for nothing. (Lk. 12:29-31; Phil. 4:6-7)
- Count your blessings, never grow weary in doing good, always keep your eye on the prize, and keep on keeping on! (Ps. 103:2; Gal. 6:9; Phil. 3:12-15)

What Must I Do To Be Saved?

- **Hear the word of God. (Romans 10:17)**
- **Believe in Jesus Christ. (John 8:24)**
- **Repent of your sins. (Acts 17:30)**
- **Confess Jesus Christ. (Romans 10:9-10)**
- **Be baptized for the remission of sins. (Acts 2:38)**
- **Remain faithful unto death. (Revelation 2:10)**