

# Sermon Notes

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## Battling Discouragement

### Introduction

1. Discouragement is universal.
2. Discouragement can take many forms and be caused by many things.
3. Whatever it is that causes you to become discouraged, you can overcome it.
4. This lesson will allow you to see what it takes to deal with and overcome discouragement in your life.

### I. Keep Your Mind on the Better World to Come

- A. In due time you will reap a bountiful harvest of blessings in a better place beyond the grave. (1 Pet. 1:13; Col. 3:2-4)
- B. The apostle Paul suffered many things of an adverse nature yet he called them a “light affliction” because he kept his mind focused on the eternal glory that was to follow. (2 Cor. 4:16)

### II. Strive to Bear Up Under Trials and Hardships

- A. Consider the thought expressed in 1 Peter 4:12-13 that trials are a part of life.
- B. Everyone will face a certain amount of adversity – some more than others. (Job 14:1; Eccl. 7:14)
- C. You must understand that fiery trials can serve a good purpose. (Jas. 1:2-4)
- D. You must view hardships as an aid rather than a hindrance. (2 Cor. 12:7-9)

### III. Continue in the Faith No Matter What Life May Bring

- A. You can have victory through your faith. (1 John 5:4)
- B. When Peter saw Jesus walking on the water, he wanted to also walk on water but when the waves were strong his faith began to waver. (Matt. 14:28-31)
  1. As he struggled as he began to sink, he called upon Jesus.
  2. You may not walk on water but you will walk through some tough situations and if you focus on the “waves” of difficulties and hardships, without looking to Jesus for help, you too will despair and sink.

#### **IV. Always Look to Jesus**

- A. As Jesus is your example in all things, He is your example in dealing with trials. (Heb. 12:2)
- B. He said, "Be of good cheer, I have overcome the world." (John 16:33)
- C. Also remember that Jesus suffered a great deal of unjust criticism. (Matt. 11:19)
  - When you are unjustly criticized, look to the Savior and rise above the lies.

#### **V. Continue to Hold to the Truth at All Costs**

- A. The truth of God is that which you must prize above all things. (Col. 3:17; 2 John 9; John 8:31)
- B. You must never decide a matter through emotionalism or your own will but you must always base your attitudes and actions on the truth.

#### **VI. Turn to the Bible for Strength and Comfort**

- A. Knowing that the things which were written before were written for our learning (Rom. 15:4), consider the words of Isaiah 40:28-31.
- B. All humans have their weaknesses but God's power and strength never diminishes.
  - 1. He is never too tired or busy to listen and help.
  - 2. He is the source of our strength. (Phil. 4:13)
- C. The Lord and His word can keep you from stumbling. (Jude 24)

#### **Conclusion**

- 1. Disappointments, discouragements and hardships will come, therefore, you need to trust God and His word for the strength to deal with them.
- 2. You need to have the proper attitude toward adversities and the discouragement that comes with them and use them to grow to be the type of person God would have you to be.