

Lifequakes

STAYING SANE IN STRESSFUL TIMES

LESSON 5 // STAYING ENCOURAGED IN DISCOURAGING TIMES— PART 1

Big Idea: When tempted to be discouraged by challenges and problems, keep the right perspective—God’s perspective. As part of this, it’s important to recognize that discouragement is a real enemy and is the result of certain events and seasons.

1 Samuel 30:6 (NIV) *David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the Lord his God.*

Psalms 30:5b (NLT) *Weeping may last through the night, but joy comes with the morning.*

Ecclesiastes 3:1 (NLT) *For everything there is a season, a time for every activity under heaven.*

Habakkuk 2:3 (TLB) *But these things I plan won’t happen right away. Slowly, steadily, surely, the time approaches when the vision will be fulfilled. If it seems slow, do not despair, for these things will surely come to pass. Just be patient! They will not be overdue a single day!*

Romans 5:3-4 (NLT) *We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. 4 And endurance develops strength of character, and character strengthens our confident hope of salvation.*

2 Corinthians 12:8-10 (NIV) *Three times I pleaded with the Lord to take it away from me. 9 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. 10 That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.*

Start Talking:

How do you fight off discouragement? What works well for you?

Start Thinking:

Read 1 Samuel 30:6. What are some ways you can “find strength in the Lord,” as David did, in the midst of trying circumstances?

Read Psalms 30:5; Ecclesiastes 3:1; Habakkuk 2:3. How can the biblical perspective that difficult seasons will give way to a new season help keep you encouraged through the hard times?

Read Romans 5:3-4. Why is it so important to keep the truth of these verses in mind and heart when you are going through trials and challenges?

Read 2 Corinthians 12:8-10. In what ways, by God’s grace, are you “strong” as a believer in Jesus even when you feel “weak”?

Start Praying and Doing:

Pray for the grace to believe that God’s strength is more than sufficient to sustain you through every trial you face. Put this into practice this week as you deal with issues, pressures and problems!