

Lifequakes

STAYING SANE IN STRESSFUL TIMES

LESSON 6 // STAYING ENCOURAGED IN DISCOURAGING TIMES— PART 2

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. We also need to understand the dangers of discouragement and refuse to be passive in the face of it—know how to fight it!

Psalm 31:9-10 (NIV) *Be merciful to me, LORD, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. 10 My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak.*

Psalm 73:26 (NLT) *My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever.*

James 1:5-6 (NLT) *If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. 6 But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind.*

Psalm 27:13-14 (NCV) *I truly believe I will live to see the LORD’s goodness. 14 Wait for the LORD’s help. Be strong and brave, and wait for the LORD’s help.*

Galatians 6:9 (NIV) *Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up*

1 Peter 5:10 (NLT) *In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.*

Start Talking:

What are some practical ways you deal with physical weariness that can come with discouragement?

Start Thinking:

Read Psalm 31:9-10 and Psalm 73:26. What do you learn from these verses about the impact of distress and discouragement—and what you can do about them as a believer?

Read James 1:5-6. How is wisdom from God different than our own human wisdom? What difference can this make as you battle discouragement?

Read Psalm 27:13-14 and Galatians 6:9. What role do patience and endurance play in overcoming discouragement?

Read 1 Peter 5:10. How can the promises of this verse encourage you through trying times?

Start Praying and Doing:

Pray for the wisdom and patience to wait on the Lord and persevere through challenges. Memorize 1 Peter 5:10 and look to apply the promises of this verse to a challenge you face this week.