

# **“FACING DISCOURAGEMENT AND HOW TO DEAL WITH IT”**

Tabernacle of Praise - Pastor G. Richardson

## **Home Fellowship Lesson #17**

### **Lesson Text: 1 Samuel 30:1-8**

1Sa 30:6 And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God.

**Discouragement is one of Satan’s most effective weapons against Christians.**

**What is Discouragement?** It means; “to deprive of confidence, hope, or spirit, dishearten.

### **THREE STAGES OF DISCOURGAMENT**

1. **Mild**: Minor problems or pressures, which affect our emotions
2. **Strong**: Major problems or pressures, which affect our spirits so that others notice.
3. **Disabling**: Overwhelming problems or pressures which drain us of Spiritual, mental, emotional, and physical strength. Our hearts melt within us, and we have no desire, energy, or ability to go on.

### **THE CAUSE OF DISCOURAGEMENT**

1. At the base of every discouragement is a lie from Satan such as fear, unbelief, bitterness, self-pity, or condemnation. All these are based on a lie from Satan.

### **ROOT CAUSES OF DISCOURAGEMENT**

1. **We have listened to the wrong voices:**

(1 John 4:1) “Beloved, believe not every spirit, but try the spirits whether they are of God.”

2. **We have put down the shield of Faith:**

Ephesians 6:16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

3. **We must realize that everyone faces discouragement:**

(Elijah) 1Kings 19:4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I *am* not better than my fathers.

- a. When we let our fears, and what other people think about us effect us, we start letting our emotions run wild. We start to feel sorry for ourselves to a point that we don't even know if God really loves and cares for us. When we allow ourselves to get into this mind set, we have opened the door of discouragement.

**THE BENEFITS OF DISCOURGAMENT**

1. **It confirms our need for God:** (John 15:5) "...for without me ye can do nothing."

2. **It destroys our delight in the temporal things of this life:**

2Co 4:18 While we look not at the things which are seen, but at the things which are not seen: for the things which are seen *are* temporal; but the things which are not seen *are* eternal.

- a. Relating Scriptures: 1 Timothy 6:17; Luke 12:15.

3. **It Destroys our confidence in human efforts:**

Habakkuk 3:17 Although the fig tree shall not blossom, neither *shall* fruit *be* in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and *there shall be* no herd in the stalls:  
Habakkuk 3:18 Yet I will rejoice in the LORD, I will joy in the God of my salvation.

Luk 18:27 And he said, The things which are impossible with men are possible with God.

4. **God has ordained that through our weakness His strength is made perfect:**

2Co 12:9 And he said unto me, My grace is sufficient for thee: for my strength infirmities, that the power of Christ may rest upon me.

2Co 12:10 Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.

**FIVE STEPS TO CONQUER DISCOURAGEMENT**

1. **Remove all Guilt:** Guilt is removed by repentance and confession.

1John 1:9 If we confess our sins, he is faithful and just to forgive us *our* sins, and to cleanse us from all unrighteousness.

- a. Satan will try to use our past failures to keep us from removing guilt and dealing with discouragement. David faced his difficulty with Absalom. Because of his own past failures with Bathsheba, it was difficult for David to discipline Absalom.

2. **Taking up the Shield of Faith:**

Eph 6:16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

- a. Without faith it is impossible to please God: (Hebrews 11:6)
- b. We need to have overcoming Faith: “Though he slay me, yet will I trust in him.” Job 13:10.
- c. **How do we take up the Shield of Faith?**
- d. By quoting God’s Word of Truth:

2Co 10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

### 3. Overcoming Satan's Lies Verse God's Truth:

- a. (Lie) God has left me. (Truth) "I will never leave thee..." Hebrews 13:5.
- b. (Lie) No good will come from this – (Truth) "...all things work together for the good..." Romans 8:28-29.
- c. (Lie) People hurt me – (Truth) "For we wrestle not against flesh and blood." Ephesians 6:12.
- d. (Lie) God is punishing me – (Truth) "Whom the Lord loveth he chasteneth" Hebrews 12:6-11.
- e. (Lie) I am weak. – (Truth) "My strength is made perfect in weakness" 2 Corinthians 12:9.

### 4. By Encouraging yourself in the Lord.

- a. David encouraged himself in the Lord. (1 Samuel 30:6)
- c. Speaking to yourselves in psalms and hymns and Spiritual songs,  
(Ephesians 5:19)
- d. "I will bless the Lord at all times" Psalms 34:1

### 5. Establish a Place to be Alone with God:

- a. Jesus went to a certain place to pray: "And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God (Luke 6:12).
- b. Jacob prayed till victory came:

Gen 32:24 And Jacob was left alone; and there wrestled a man with him until the breaking of the day.

Gen 32:27 And he said unto him, What *is* thy name? And he said, Jacob.

Gen 32:28 And he said, Thy name shall be called no more Jacob, but Israel: for as a prince hast thou power with God and with men, and hast prevailed.