

HOW TO DEAL WITH DEPRESSION AND DISCOURAGEMENT

1Sa 30:1 And it came to pass, when David and his men were come to Ziklag on the third day, that the Amalekites had invaded the south, and Ziklag, and smitten Ziklag, and burned it with fire;

1Sa 30:2 And had taken the women captives, that *[were]* therein: they slew not any, either great or small, but carried *[them]* away, and went on their way.

1Sa 30:3 So David and his men came to the city, and, behold, *[it was]* burned with fire; and their wives, and their sons, and their daughters, were taken captives.

1Sa 30:4 Then David and the people that *[were]* with him lifted up their voice and wept, until they had no more power to weep.

1Sa 30:5 And David's two wives were taken captives, Ahinoam the Jezreelitess, and Abigail the wife of Nabal the Carmelite.

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.**

1Sa 30:7 And David said to Abiathar the priest, Ahimelech's son, I pray thee, bring me hither the ephod. And Abiathar brought thither the ephod to David.

1Sa 30:8 And David enquired at the LORD, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake *[them]*, and without fail recover *[all]*.

(During David's absence the Amalekites had invaded the south country, smitten Ziklag and burnt it down, and carried off the women and children whom they found there; whereat not only were David and his men plunged into great grief on their return upon the third day but David especially was involved in very great trouble, inasmuch as the people wanted to stone him. But he strengthened himself in the Lord his God.)

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

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

THREE STAGES OF DISCOURAGEMENT:

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.

THE ROOT CAUSE:

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

1Jo 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:**

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

EVERYONE FACES DISCOURAGEMENT:

1. **When we let our fears, and what other people think about us effect us, and we start letting our emotions run wild.** When 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.

1Ki 19:1 And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword.

1Ki 19:2 Then Jezebel sent a messenger unto Elijah, saying, So let the gods do *[to me]*, and more also, if I make not thy life as the life of one of them by to morrow about this time.

1Ki 19:3 And when he saw *[that]*, he arose, and went for his life, and came to Beersheba, which *[belongeth]* to Judah, and left his servant there.

1Ki 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.

1Ki 19:5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise *[and]* eat.

1Ki 19:6 And he looked, and, behold, *[there was]* a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again.

1Ki 19:7 And the angel of the LORD came again the second time, and touched him, and said, Arise *[and]* eat; because the journey *[is]* too great for thee.

THE BENEFIT OF DISCOURAGEMENT:

1. **It Confirms Our Need For God:** Joh 15:5 "... for without me ye can do nothing."
2. **When We Are Discouraged, God will Destroy Our Delight In Temporal Things.**

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.

1Ti 6:17 Charge them that are rich in this world, that they be not high minded, nor trust in uncertain riches, but in the living God, who giveth us richly all things to enjoy;

Luk 12:15 And he said unto them, Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth.

3. **It Will Destroy Our Confidence In Human Efforts:**

Hab 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:

Hab 3:18 Yet I will rejoice in the LORD, I will joy in the God of my salvation.

Hab 3:19 The LORD God *[is]* my strength, and he will make my feet like hinds' *[feet]*, and he will make me to walk upon mine high places. To the chief singer on my stringed instruments.

4. **He 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 is made perfect in weakness. Most gladly therefore will I rather glory in my 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.

Isa 12:2 Behold, God [*is*] my salvation; I will trust, and not be afraid: for the LORD JEHOVAH [*is*] my strength and [*my*] song; he also is become my salvation.

Isa 12:3 Therefore with joy shall ye draw water out of the wells of salvation.

Mic 7:7 Therefore I will look unto the LORD; I will wait for the God of my salvation: my God will hear me.

Mic 7:8 Rejoice not against me, O mine enemy: when I fall, I shall arise; when I sit in darkness, the LORD [*shall be*] a light unto me.

FIVE STEPS TO CONQUER DISCOURAGEMENT

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

1Jo 1:8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.

1Jo 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 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. **Take 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 is impossible to please God (Hebrews 11:6).
- b. The Bible says not to have an Evil Heart of Unbelief:

(Hebrews 3:12).

- c. We need to have Overcoming Faith: “Though he slay me, yet will I trust in him:” (**Job 13:10**).

3. How Do We Take Up the Shield of Faith?

- a. 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;

- b. Overcoming Satan’s Lies Verse God’s Truth:

1. (Lie) God has left me. (Truth) “I will never leave thee..”
(Hebrews 13:5)
2. (Lie) No good will come from this (Truth) “...all things work together for good..” (**Romans 8:28-29**)
3. (Lie) People hurt me. (Truth) “For we wrestle not against flesh and blood.” (**Eph 6:12**)
4. (Lie) God is punishing me. (Truth) “Whom the Lord loveth he chasteneth” (**Hebrews 12:6-11**)
5. (Lie) I am Weak. (Truth) “My strength is made perfect in weakness..” (2 Cor. 12:9).

4. By Encouraging your Self in the Lord:

- a. David Encouraged himself in the Lord: (1 Samuel 30:6).

- b. Speaking to yourselves in psalms and hymns and Spiritual songs: (Eph 5:19).
- c. “I will bless the Lord at all times” (Psalms 34:1)
- d. Meditate in God’s Word day and night: (Psalms 1:2-3).

Psa 1:2 But his delight [*is*] in the law of the LORD; and in his law doth he meditate day and night.

Psa 1:3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

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

- a. We need to establish a “Bethel” for personal times to be with the Lord.

Gen 28:11 And he lighted upon a certain place, and tarried there all night, because the sun was set; and he took of the stones of that place, and put [*them for*] his pillows, and lay down in that place to sleep.

Gen 28:12 And he dreamed, and behold a ladder set up on the earth, and the top of it reached to heaven: and behold the angels of God ascending and descending on it.

Gen 28:13 And, behold, the LORD stood above it, and said, I [*am*] the LORD God of Abraham thy father, and the God of Isaac: the land whereon thou liest, to thee will I give it, and to thy seed;

Gen 28:14 And thy seed shall be as the dust of the earth, and thou shalt spread abroad to the west, and to the east, and to the north, and to the south: and in thee and in thy seed shall all the families of the earth be blessed.

Gen 28:15 And, behold, I [*am*] with thee, and will keep thee in all [*places*] whither thou goest, and will bring thee again into this land; for

I will not leave thee, until I have done *[that]* which I have spoken to thee of.

Gen 28:16 And Jacob awaked out of his sleep, and he said, Surely the LORD is in this place; and I knew *[it]* not.

Gen 28:17 And he was afraid, and said, How dreadful *[is]* this place! this *[is]* none other but the house of God, and this *[is]* the gate of heaven.

Gen 28:18 And Jacob rose up early in the morning, and took the stone that he had put *[for]* his pillows, and set it up *[for]* a pillar, and poured oil upon the top of it.

Gen 28:19 And he called the name of that place Bethel: but the name of that city *[was called]* Luz at the first.

Luk 6:9 Then said Jesus unto them, I will ask you one thing; Is it lawful on the sabbath days to do good, or to do evil? to save life, or to destroy *[it]*?

Luk 6:10 And looking round about upon them all, he said unto the man, Stretch forth thy hand. And he did so: and his hand was restored whole as the other.

Luk 6:11 And they were filled with madness; and communed one with another what they might do to Jesus.

Luk 6:12 **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.**