

How to Deal with Discouragement

Taffi Dollar

Broadcast Dates: 9/1/20 & 9/2/20

Message Date: 5/20/20 • 10:00 A.M.

Scripture References

Acts 10:38

1 John 4:4

1 Timothy 6:12

Matthew 11:30

2 Kings 7:3-5

Psalms 42:5

Psalms 42:5, AMPC

Matthew 14:22, 23, 25-30

Numbers 23:19

Colossians 2:7

Colossians 2:7, AMPC

Summary

*We all have had opportunities to feel disappointed and discouraged when things did not turn out as expected. Disappointment that is not dealt with can turn into discouragement; prolonged discouragement leads to devastation. This is a painful place to be. Many Christians are devastated by situations because they have not learned how to deal with disappointment. However, living this way is not God's will for us. The Holy Spirit lives in all born-again believers; therefore, we are able to overcome negative emotions. Following the Spirit's lead keeps **our** spirits light and gives us victory in the emotional realm.*

A. It is not God's will for discouragement to oppress us. His Word gives us victory over it.

1. How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him (Acts 10:38).
 - a. God does not want us to live oppressed by disappointment.
 - b. We must take a stand against the emotion of despair; this emotion is from the enemy.
 - c. ...Because greater is he that is in you, than he that is in the world (1 John 4:4).
 - d. We have inside us the power and ability to resist negative emotions.
2. Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses (1 Timothy 6:12).
 - a. A good fight is one that we win; we have the means to win every fight, because Jesus has already won.
 - b. We are empowered to prevent negative emotions from pulling us into a dark place of pain and suffering.
 - c. God never intended for us to live in worry, turmoil, or constant torment from thoughts. Our spirits are meant to be light, so that we can follow the Holy Spirit.
 - d. For my yoke is easy, and my burden is light (Matthew 11:30).

B. It is up to us to either resign ourselves to discouragement, or get up and resist it.

1. And there were four leprous men at the entering in of the gate: and they said one to another, Why sit we here until we die? If we say, We will enter into the city, then the famine is in the city, and we shall die there: and if we sit still here, we die also. Now therefore come, and let us fall unto the host of the Syrians: if they save us alive, we shall live; and if

- they kill us, we shall but die. And they rose up in the twilight, to go unto the camp of the Syrians: and when they were come to the uttermost part of the camp of Syria, behold, there was no man there (2 Kings 7:3-5).
- a. Simply wishing that we were not discouraged is not enough; to see positive change, we must stand on our faith in the Word and speak out against negative emotions.
 - b. Just like the leprous men, we must refuse to simply sit in discouragement and wait to die. We cannot let life pass us by.
 - c. Disappointment is failure to satisfy our hopes and expectations. None of us will ever reach the point where there are no more disappointments. However, we have promises in God's Word that will help us deal with them.
 - d. We must not allow disappointment to linger; it opens the door to discouragement, depression, bitterness, and frustration.
 - e. We need to understand that life is not perfect, and neither are other people. They can make promises, only to let us down later. *Our* responsibility is to forgive others of their mistakes.
2. Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance (Psalm 42:5).
 - a. We need to wait expectantly for God, not stay in a place of misery and discouragement. Our future is in *Him*; we can find comfort in this.
 - b. When we have a mindset based on God's Word, depression cannot defeat us; we can pivot, move forward, and leave negative emotions behind.
 3. Why are you cast down, O my inner self? And why should you moan over me *and* be disquieted within me? Hope in God *and* wait expectantly for Him, for I shall yet praise Him, my Help and my God (Psalm 42:5, *AMPC*).
 - a. We must not meditate on our disappointments. We do not need to nurse and rehearse them; we have control over our thought-lives.

C. In the midst of the circumstances, trusting God allows us to walk on top of our situation.

1. And straightway Jesus constrained his disciples to get into a ship, and to go before him unto the other side, while he sent the multitudes away. And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone... And in the fourth watch of the night Jesus went unto them, walking on the sea. And when the disciples saw him walking on the sea, they were troubled, saying, It is a spirit; and they cried out for fear. But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid. And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the water. And he said, Come. And when Peter was come down out of the ship, he walked on the water, to go to Jesus. But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me (Matthew 14:22, 23, 25-30).
 - a. We must not be afraid; we have the ability to walk on the circumstances. We can do so when we focus on Jesus.
 - b. Peter did not passively sit and wish he could walk on water; he took action, got up, and did it.
 - c. In the midst of a situation that could destroy us, we win when we trust in God. He is not a man that He should lie (Numbers 23:19).

- d. Peter only began to sink when he took his eyes off Jesus and contemplated his circumstances.
- 2. No matter what happens, we should remain in a posture of allowing God to keep us rooted in Him.
 - a. Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving (Colossians 2:7).
 - b. Have the roots [of your being] firmly *and* deeply planted [in Him, fixed and founded in Him], being continually built up in Him, becoming increasingly more confirmed *and* established in the faith, just as you were taught, and abounding *and* overflowing in it with thanksgiving (Colossians 2:7, *AMPC*).

For more on gaining the upper hand over disappointment and discouragement, click on the link below to find the DVD, *How to Deal with Discouragement*, in our eStore.

<https://bit.ly/HowtoDealwithDiscouragementDVD>

Category: spiritual growth

Keywords: help, discouraged, disappointed, painful, disappointment, emotions, victory, emotional