



Overcoming Discouragement

In life, we will all face discouragement. Discouragement if left undealt with, can lead us to depression. We have to learn to overcome discouragement in order to live the victorious life God has promised us in Christ. Today we will look at how we can apply the promises and Word of God to our lives to help us defeat and overcome discouragement.

Key Scripture:

¹ Kings ¹⁹: Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ² So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."³ Elijah was afraid^[a] and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." ⁵ Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." ⁶ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

When have you experienced discouragement?

Describe what happens to you and what it feels like when you are discouragement.

We are going to look at 3 keys to overcoming discouragement.

1. Don't allow the words of others to change your disposition, and lead you to discouragement.

Key Verses: 1 Kings 19:2 So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."³ Elijah was afraid^[a] and ran for his life.

Have you ever found yourself sad, down, discouraged, or upset, due to what someone else said to you? Recall a time, when what someone said to you, changed your feelings.

Lesson 1: Overcoming Discouragement by *Pastor Bobby Williams Jr.*

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2. Remember how God victoriously delivered you previously

Key Verses: 1 Kings 18: 36 At the time of sacrifice, the prophet Elijah stepped forward and prayed: "LORD, the God of Abraham, Isaac and Israel, let it be known today that you are God in Israel and that I am your servant and have done all these things at your command. ³⁷ Answer me, LORD, answer me, so these people will know that you, LORD, are God, and that you are turning their hearts back again."³⁸ Then the fire of the LORD fell and burned up the sacrifice, the wood, the stones and the soil, and also licked up the water in the trench.

When we are faced with a new challenge, we often overlook how God delivered us previously. Can you recall at time when you faced discouragement or hardship, and God stepped in and delivered you previously? (Remind yourself, if God did it before, He can definitely do it again!)

3. Encourage yourself. Be mindful of what you say to yourself during challenging times and moments of discouragement.

Key Verses: 1 Kings 19:3 Elijah was afraid^[a] and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

When we are dealing with a moment of discouragement, it is important that we watch what we say to ourselves. What have you said to yourself when dealing with discouragement? How can you change what you are saying to yourself during those moments? What does God want you to say to yourself?
