

A man with dark hair and a beard, wearing a blue and white plaid shirt, is shown from the chest up. He has his right hand pressed against his forehead and eyes, with his head bowed, conveying a sense of despair or exhaustion. The background is a dark, textured wall with some light-colored, abstract patterns.

DEALING WITH DISCOURAGEMENT

Psalm 27:1-11



Romans 6:6 (KJV)

6Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

2 Corinthians 5:17 (KJV)

17Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.



I. Request Help

a) Create in me a clean heart

Psalms 51:10 (KJV)

¹⁰Create in me a clean heart, O God;
and renew a right spirit within me.



I. Request Help

a) Create in me a clean heart

Psalms 119:67 (KJV)

Before I was unclean and in constant trouble,
now I keep Your Word.



I. Request Help

a) Create in me a clean heart

Ephesians 5:25-26 (KJV)

25 Christ... loves the church, so much so that he gave himself for her; 26 That **He might sanctify and cleanse her** with the washing of water **by the word,**



I. Request Help

a) Create in me a clean heart

John 1:14

And the Word became flesh and dwelt among us,
and we beheld his glory, the glory as of the only
begotten of the Father, full of grace and truth.



I. Request Help

a) Create in me a clean heart

Psalms 12:6; 119:140 (KJV)

The words of the Lord are pure words, Like silver
tried in a furnace of earth, Purified seven times....

Your word is very pure; Therefore Your servant
loves it.



I. Request Help

b) Renew a right spirit with in me

Psalms 51:10 (KJV)

¹⁰Create in me a clean heart, O God; and renew a right spirit within me.

II. Reflect

a) **Ask Why**, why am I feeling this way?



James 4:1-7 (TLB)

¹What is causing the quarrels and fights among you? Isn't it because there is a whole army of evil desires within you? ²You want what you don't have, so you kill to get it. You long for what others have, and can't afford it, so you start a fight to take it away from them. And yet the reason you don't have what you want is **that you don't ask God for it.** ³And even when you do ask you don't get it because your whole aim is wrong—you want only what will give *you* **pleasure.** ⁴You are like an unfaithful wife who loves her husband's enemies.

Don't you realize that making **friends with God's enemies**—the evil pleasures of this world—makes you an enemy of God? I say it again, that if your aim is to enjoy the evil pleasure of the unsaved world, you cannot also be a friend of God. ⁵ Or what do you think the Scripture means when it says that the Holy Spirit, whom God has placed within us, watches over us with tender jealousy? ⁶ But he gives us more and more strength to stand against all such evil longings.

As the Scripture says, God gives strength to the **humble** but sets himself against the **proud and haughty**. ⁷ So give yourselves humbly to God.

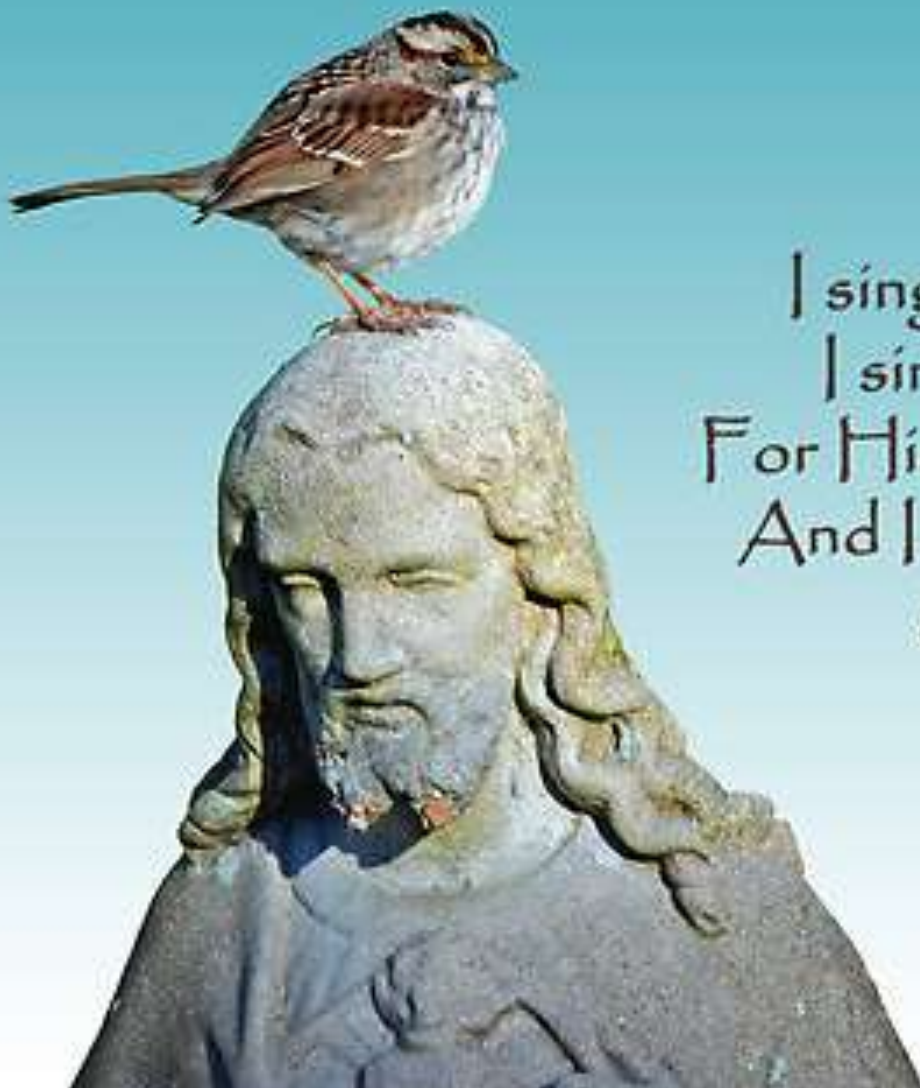
Resist the devil and he will flee from you.

II. Reflect

b) Make a choice, ask why do I choose to feel this way?

Matthew 8:33
Colossians 3:2

*Keep your mind on things above,
not on things below*



I sing because I'm happy,
I sing because I'm free;
For His eye is on the sparrow,
And I know He watches me.

Charles Hutchinson Gabriel

Matthew 10

**Why should I feel discouraged, why should the shadows come,
Why should my heart be lonely, and long for heaven and home,
When Jesus is my portion? My constant friend is He:
His eye is on the sparrow, and I know He watches me;**

III. Remodel the walls of your mind



hope

"The stars may fall, but God's Promises will stand and be fulfilled."
- J.I. Packer



Fortify

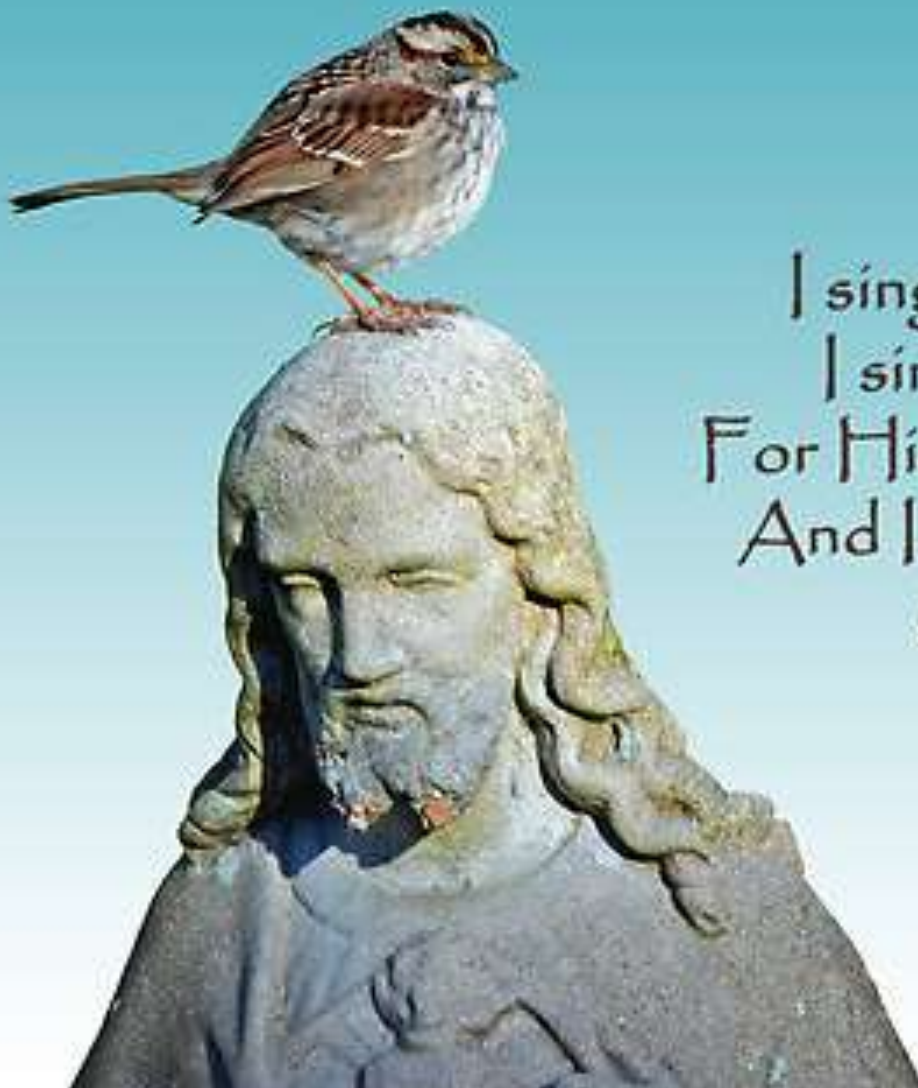


His Promises



His Truth

His Love



I sing because I'm happy,
I sing because I'm free;
For His eye is on the sparrow,
And I know He watches me.

Charles Hutchinson Gabriel

Matthew 10

**Why should I feel discouraged, why should the shadows come,
Why should my heart be lonely, and long for heaven and home,
When Jesus is my portion? My constant friend is He:
His eye is on the sparrow, and I know He watches me;**

**b) Fill the walls of your mind with
passages of encouragement!**

Philippians 4:8

Romans 8:37

Philippians 4:13

encouragement

Philippians 4:8 (NKJV)

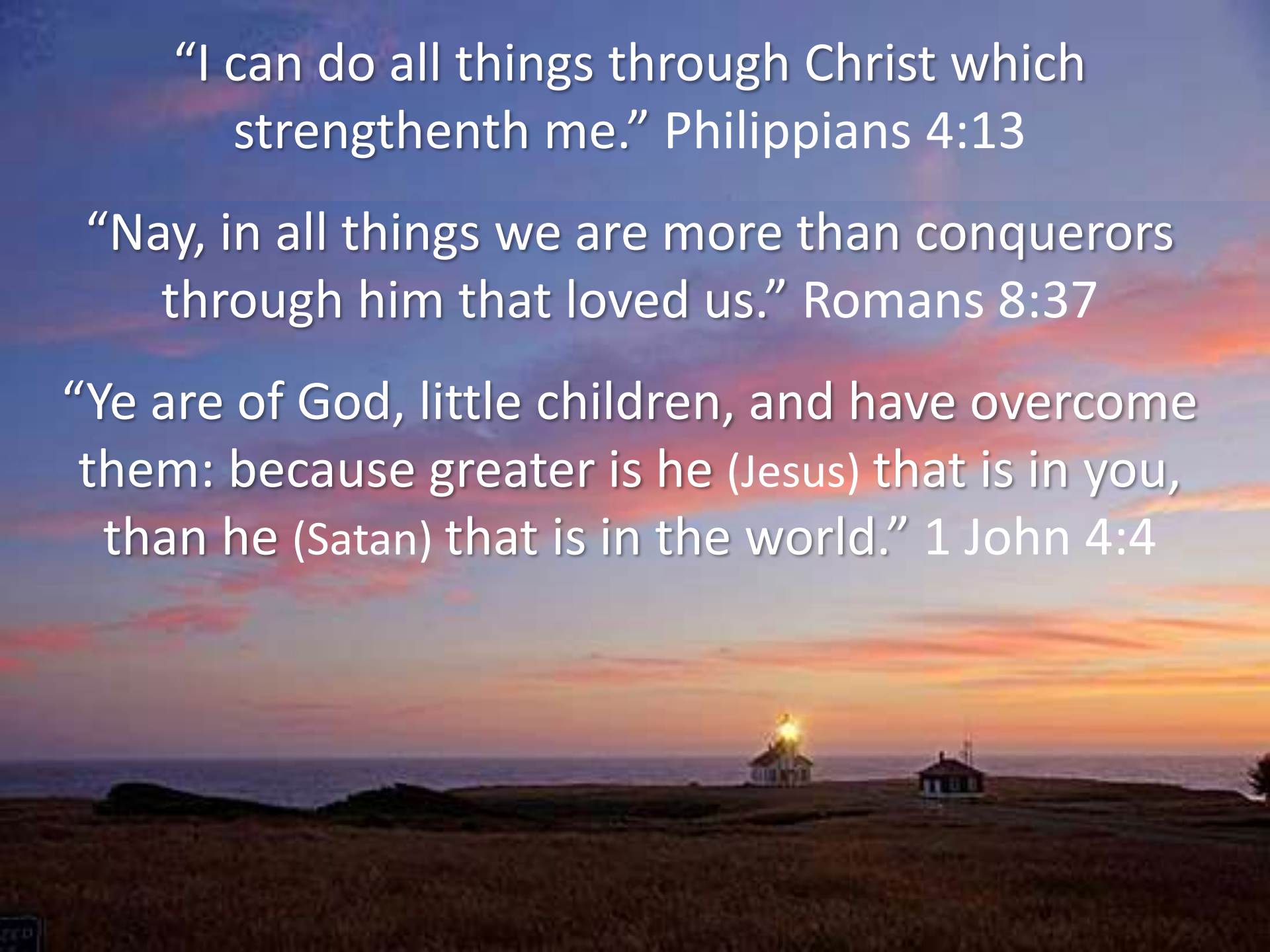
Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy-- meditate on these things.



“I can do all things through Christ which
strengtheneth me.” Philippians 4:13

“Nay, in all things we are more than conquerors
through him that loved us.” Romans 8:37

“Ye are of God, little children, and have overcome
them: because greater is he (Jesus) that is in you,
than he (Satan) that is in the world.” 1 John 4:4



2 Corinthians 12:9,10

“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. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distress for Christ’s sake: for when I am weak, then I am strong.”



“What shall we then say to these things? If God be for us, who can be against us?” Romans 8:31

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk and not faint.” Isaiah 40:31 (K.J.V.)

“Thou wilt keep him (her) in perfect peace, whose mind is stayed on thee: because he (she) trusteth in thee.” Isaiah 26:3 (K.J.V.)



“Have I not commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.” Joshua 1:9 (K.J.V.)

“I will not leave you comfortless:
I will come to you.” John 14:18 (K.J.V.)





IV. REFOCUS



COUNT YOUR BLESSINGS



a) Count Your Blessings

**b) Contemplate God's presence and let
His peace rule your heart!**



Psalm 27:1

The LORD [is] my light and my salvation; whom shall I fear? the LORD [is] the strength of my life; of whom shall I be afraid....?

5 For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock.

6... I offer in his tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the LORD.

Psalm 27:1

8... Thy face, LORD, will I seek.

14 Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.

Isaiah 26:3

³Thou wilt keep *him* in perfect peace, *whose* mind *is* stayed *on thee*: because he trusteth in thee.

Request His Help

Reflect

Remodel

Reinforce

Refocus

