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2  Movie Clip

3  Discouragement

- Everyone will have their share of discouragement at some point in their lifetime.
- However, our approach to managing our discouragement will distinguish us from others.

4  Definition

- The dictionary defines disappointment as follows;
 - “the feeling of sadness or displeasure caused by the nonfulfillment of one’s hopes or expectations.”

5  Definition

- The dictionary defines discouragement as follows;
 - “a feeling of despair in the face of obstacles; or a state of distraught and loss of sense of enthusiasm, drive or courage.”

6  Definition

7  Giving Up

- Discouragement happens in all areas of life.
 - An employee puts in his best effort to ensure success, but finds himself being laid off and put out of work.
 - A woman’s marriage dreams end when her husband is unfaithful and runs off with another woman.
 - A person believe God for something of real importance and it seems like their prayers go unanswered.
 - These people all deal with discouragement differently, but some may become so discouraged, so distressed and as a result may attempt to give up on everything.

8  Examples

- The following are some signs of acute discouragement:
 - Sleeplessness -- the mind and soul is full of worry.
 - Restlessness -- Absent mindedness sets in and weariness results.
 - Complacency -- Loss of interest in food even though you might not have eaten for hours.
 - Negative Thoughts - The ultimate of this are thoughts of suicide.

9  Why?

- So why does discouragement plague so many of us?
 - We let circumstances rule our emotions.
 - We’re frustrating God’s grace in our lives because we’re compromising God’s word.
 - We’re having problems managing disappointment. {Blame others and not taking responsibility for our own failures.}

- Unrealistic expectations.

10 Solution

- Cry Out the Lord!
 - Psalm 69:1–2, Psalm 51:1–18, & Psalm 32:3–8
- Cast Your Anxiety
 - 1 Peter 5:7, Philippians 4:6–7, & Proverbs 3:5–6, & Matthew 6:33–34
- Ask Him for Peace
 - John 16:33, and Isaiah 26:3–4

11 Go to God!

- Cast all your anxiety on him because he cares for you. Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. (1 Peter 5:7–9 NIV)
- When we are anxious we often fall into temptation because we are upset and make rash statements and behaviors that separate us from God.
- In other words, we fall into the Devil’s trap and ruin our testimony and God’s holy name.

12 Going Forward

- Trust in God’s Word for Direction. (Lean not on your own understanding)
- Trust in God’s Goodness. (In Him there is no darkness)
- Trust in God’s Power. (Has the power to do what He has promised)
- Tell God your Troubles. (Holding on to worry and disappointments is a sin)

13 Got Trouble

- Some people, however, don’t necessarily handle trouble very well.
 - They point fingers and make judgments.
 - Spend money on things they can’t afford.
 - Abuse their bodies with food, drink, or drugs.
 - Engage in the pleasure of sin for a season.

14 Trouble?

- Joseph Scriven was born at Banbridge, Co. Down, Ireland. He graduated from Trinity College, Dublin and embraced the teachings of the Plymouth Brethren.
- He gave freely of what money he had, even his own clothing and his services to all poorer than himself was remarkable.
- His fiancée drowned in 1845, the night before they were to be married.
- The grief-stricken young man moved to Canada. There he again fell in love, was due to be married and the young woman suddenly fell ill of pneumonia and died. He then devoted the rest of his life to helping others.

- He wrote a poem to comfort his mother called "Pray Without Ceasing". It was later set to music and renamed by Charles Converse.

15 What a Friend!

- What a friend we have in Jesus, all our sins and griefs to bear! What a privilege to carry everything to God in prayer! O what peace we often forfeit, O what needless pain we bear, all because we do not carry everything to God in prayer.
- Have we trials and temptations? Is there trouble anywhere? We should never be discouraged; take it to the Lord in prayer. Can we find a friend so faithful who will all our sorrows share? Jesus knows our every weakness; take it to the Lord in prayer.
- Are we weak and heavy laden, cumbered with a load of care? Precious Savior, still our refuge; take it to the Lord in prayer. Do thy friends despise, forsake thee? Take it to the Lord in prayer! In his arms he'll take and shield thee; thou wilt find a solace there.

16 Trusting Jesus

17 Got Trouble?

- Can we find a friend so faithful who will all our sorrows share? (What a Friend we have in Jesus)
- I'm so glad I learned to trust thee, precious Jesus, Savior, friend; and I know that thou art with me, wilt be with me to the end. (Tis So Sweet to Trust in Jesus)
- "In this world you will have trouble. But take heart! I have overcome the world." (John 16:33 NIV)
- No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him. (1 Corinthians 2:9 NIV)

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