



Dealing with Discouragement

INCARNATE, PART 4

Brian Berry,
Generation Ministries Pastor
November 18 & 20, 2011

But we have this treasure in earthen vessels, so that the surpassing greatness of the power will be of God and not from ourselves.

2 Corinthians 4:7

PSALM 6

¹ LORD, do not rebuke me in your anger or discipline me in your wrath. ² Have mercy on me, LORD, for I am faint; heal me, LORD, for my bones are in agony. ³ My soul is in deep anguish. How long, LORD, how long? ⁴ Turn, LORD, and deliver me; save me because of your unfailing love. ⁵ Among the dead no one proclaims your name. Who praises you from the grave? ⁶ I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears. ⁷ My eyes grow weak with sorrow; they fail because of all my foes. ⁸ Away from me, all you who do evil, for the LORD has heard my weeping. ⁹ The LORD has heard my cry for mercy; the LORD accepts my prayer. ¹⁰ All my enemies will be overwhelmed with shame and anguish; they will turn back and suddenly be put to shame.

QUESTION: What do I do when (not if, but when) discouragement sets in?

REPEAT AFTER ME: I WON'T LET DISCOURAGEMENT WIN;

it is seasonal and cyclical.

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

1 John 4:4

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.
John 16:33

CALL IT OUT: DISCOURAGEMENT IS NOT FROM THE LORD.

The LORD is compassionate and gracious, slow to anger, abounding in love.
Psalm 103:8

*The LORD himself goes before you and will be with you; he will never leave you nor forsake you. **Do not be afraid; do not be discouraged.***
Deuteronomy 31:8

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

Galatians 5:22–23

IDENTIFY THE CONTRIBUTING FACTORS.

I'm most discouraged when....

Things that contribute to my discouragement...

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:8

SEEK OUR GOOD GOD: Let the one who loves you restore you.



Dealing with Discouragement

INCARNATE, PART 4

Brian Berry,
Generation Ministries Pastor
November 18 & 20, 2011

But we have this treasure in earthen vessels, so that the surpassing greatness of the power will be of God and not from ourselves.

2 Corinthians 4:7

PSALM 6

¹ LORD, do not rebuke me in your anger or discipline me in your wrath. ² Have mercy on me, LORD, for I am faint; heal me, LORD, for my bones are in agony. ³ My soul is in deep anguish. How long, LORD, how long? ⁴ Turn, LORD, and deliver me; save me because of your unfailing love. ⁵ Among the dead no one proclaims your name. Who praises you from the grave? ⁶ I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears. ⁷ My eyes grow weak with sorrow; they fail because of all my foes. ⁸ Away from me, all you who do evil, for the LORD has heard my weeping. ⁹ The LORD has heard my cry for mercy; the LORD accepts my prayer. ¹⁰ All my enemies will be overwhelmed with shame and anguish; they will turn back and suddenly be put to shame.

QUESTION: What do I do when (not if, but when) discouragement sets in?

REPEAT AFTER ME: _____;
it is seasonal and cyclical.

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

1 John 4:4

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.
John 16:33

CALL IT OUT: _____.

The LORD is compassionate and gracious, slow to anger, abounding in love.
Psalm 103:8

*The LORD himself goes before you and will be with you; he will never leave you nor forsake you. **Do not be afraid; do not be discouraged.***
Deuteronomy 31:8

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.
Galatians 5:22–23

IDENTIFY _____.

I'm most discouraged when....

Things that contribute to my discouragement...

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
Philippians 4:8

_____: **Let the one who loves you restore you.**