



Dealing with Discouragement

**INCARNATE, PART 4**

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

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*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**

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

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> 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.**



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