

## DON'T GIVE UP WHEN YOU'RE DISCOURAGED

### WEEKLY ACTION STEP

Write a letter to God this week. Tell Him where you are feeling disappointed or discouraged. Thank God for his compassion and unfailing love, even in the midst of your current challenges.

### TAKEAWAYS

When things are beyond your control, choose an active faith in the God who has control.

4 Forces that Weaken Your Soul:

1. Disappointment
2. Disruption
3. Distraction
4. Discouragement

5 Things You Can Do to Overcome Disappointment:

1. Tell God your disappointments.
2. Live like God keeps His promises.
3. Punch pain in the mouth.
4. Decide that God is better.
5. Choose God's larger-than-life time horizon.

### SCRIPTURE

Hebrews 2:1, Hebrews 2:14-15, Hebrews 4:15, Hebrews 10:23, Hebrews 10: 35-39, Hebrews 11:1, Hebrews 11:6, Hebrews 11:13, Hebrews 11:27, Hebrews 11: 33-40, Hebrews 12:3, Philippians 4:12

### QUESTIONS

1. How do you normally deal with discouragement and disappointment? What does God want us to do when we feel discouraged or disappointed?
2. Pastor John shares several examples of people who have struggled with fear and uncertainty in their journey of faith. Can you think of a time when you were disappointed, overwhelmed, or afraid and God gave you the strength to stay faithful and keep trusting Him?
3. Hebrews 11 is often referred to as the Hall of Faith. If you had to make a Hall of Faith consisting of people in your life who have been consistently faithful to God through every season of life, who would be on that list and why? Would you be in anyone else's Hall of Faith?
4. What are ways you distract yourself from disappointment and pain? How can you change those ways to focus on the promises of God?
5. Pastor John shared with the recent condo collapse there were cracks in the ceiling and corrosion of the walls. This can sometimes be true of our own hearts and lives with cracks and erosion of our soul. How do you strengthen your soul, so it does not erode and collapse?

6. Read Hebrews 12:3. As adults, we know we will have pain. We need to lean into Jesus with our pain. When you have been in pain, how have you responded? Have you leaned into Jesus, or have you turned away?