

# 10 LESSONS FOR A LIFE OF SIGNIFICANCE

## #7 FIGHT DISCOURAGEMENT

1. Discouragement is \_\_\_\_\_.

- Exodus 6:9
- Numbers 32:9
- Joshua 1:9
- Nehemiah 4:10-12
- 2 Chronicles 20:15
- 2 Corinthians 7:5-6

**1 Samuel 30:1-6 (NLT)** Three days later, when David and his men arrived home at their town of Ziklag, they found that the Amalekites had made a raid into the Negev and Ziklag; they had crushed Ziklag and burned it to the ground. They had carried off the women and children and everyone else but without killing anyone. When David and his men saw the ruins and realized what had happened to their families, they wept until they could weep no more. David's two wives, Ahinoam from Jezreel and Abigail, the widow of Nabal from Carmel, were among those captured. David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But David found strength in the Lord his God.

2. Discouragement is caused by \_\_\_\_\_ problems.

- 1 Kings 19:1-4

3. Discouragement is \_\_\_\_\_.

- Joshua 1:8-9
- 1 Chronicles 28:20

4. Defeating discouragement requires \_\_\_\_\_.

**1 Samuel 30:6-9 (NLT)** David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But David found strength in the Lord his God. Then he said to Abiathar the priest, "Bring me

the ephod!" So Abiathar brought it. Then David asked the Lord, "Should I chase after this band of raiders? Will I catch them?" And the Lord told him, "Yes, go after them. You will surely recover everything that was taken from you!" So David and his 600 men set out, and they came to the brook Besor.

**1 Samuel 30:18-19 (NLT)** David got back everything the Amalekites had taken, and he rescued his two wives. Nothing was missing: small or great, son or daughter, nor anything else that had been taken. David brought everything back.

**Psalms 34:6-7 (TPT)** When I had nothing, desperate and defeated, I cried out to the Lord and he heard me, bringing his miracle-deliverance when I needed it most. The angel of the Lord stooped down to listen as I prayed, encircling me, empowering me, and showing me how to escape. He will do this for everyone who fears God.

**Psalms 42:5-8 (NLT)** Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again — my Savior and my God! Now I am deeply discouraged, but I will remember you ... each day the Lord pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life.

*Here's how to fight discouragement. Determine:*

- ▶ "Even if I feel like giving up, I will not."
- ▶ "I choose to believe the best about God and my circumstances."
- ▶ "I choose to believe truth over lies."
- ▶ "I trust God for the next step; I'm not making a discouraging situation my last step."
- ▶ "I'm changing the things I need to change so I become stronger, wiser and healthier."
- ▶ "I choose to rise above the crowd and inspire others to victory!"