

# Encouragement:



**THE REMEDY FOR DISCOURAGEMENT**

CPFI DEVOTIONAL

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# Encouragement: The Remedy for Discouragement



- What we will discuss
  1. Encouraging words from scripture
  2. What is discouragement?
  3. What causes discouragement?
  4. What are the consequences of discouragement?
  5. Rx for discouragement
  6. The story of Elijah
  7. The place of discouragement
  8. Four encouragement inducers

# Encouraging Words from Scripture



## Encouragement through **trusting God**

***“Trust in the LORD with all your heart  
and lean not on your own understanding;  
in all your ways acknowledge him,  
and he will make your paths straight”***

Proverbs 3:5-6  
(NIV)

*Jesus said:*

***“Come to me, all you who are weary and  
burdened, and I will give you rest”***

Matthew 11:28  
(NIV)

# Encouraging Words from Scripture



Encouragement through **the presence of God:**  
“For I know the plans I have for you,” declares  
the Lord, “plans to prosper you and not to  
harm you, plans to give you hope and a future.  
You will seek me and find me when you seek  
me with all your heart”

**Jeremiah**  
**29:11,13**

# Encouraging Words from Scripture



## Encouragement through **the peace of God**

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus”

**Philippians**

**4:6,7**

# Encouraging Words from Scripture



- Encouragement through:

- ❖ Trusting God

*Proverbs 3: 5-6*

- ❖ Going to God- "Come to me"

*Matthew 11: 28*

- ❖ The presence of God

*Jeremiah 29: 13*

- ❖ The peace of God

*Philippians 4: 6, 7*

# What is Discouragement?



## **To discourage is:**

“To deprive of courage or confidence”

“To attempt to dissuade”

“To hinder by disfavoring, to deter”

## **Discouragement** according to Merriam-Webster Dictionary

- ❖ The act of making something less likely to happen or of making people less likely to do something
- ❖ A feeling of having lost hope or confidence
- ❖ Something (such as a failure or difficulty) that discourages someone

# What Causes Discouragement?



- ❖ **Fatigue**\*-physically or emotionally
- ❖ **Frustration**\*-unfinished task, unexpected interruption
- ❖ **Failure**\*-causes disappointment, anger, frustration = discouragement
- ❖ **Fear**\* of criticism (what will they think?)  
**Fear**\* of responsibility (What if I can't handle it?)  
**Fear**\* of failure (What if I blow it?)
- ❖ **Difficulties**-finding a job, in relationships, in handling multiple priorities
- ❖ **Expectations** unmet
- ❖ **Loss**-of loved one, financial, by favorite team

\* Rick Warren



# What are the Consequences of Discouragement?



Discouragement is a *temporary* feeling of disappointment or disheartenment, resulting from a disadvantageous turn of events — either physical, material, social, emotional, or spiritual. Note the emphasis upon *“temporary.”*

If one does not address the source of his discouragement, and come to grips with it, his distress may result into “depression”\*

Disappointment → Discouragement → Stress → Depression

\* Wayne Jackson; Christian Courier

# R<sub>x</sub> for Discouragement



1. We must first be able to correctly **diagnose the source** of the problem.
2. We must **be aware of the options available** for the remedial solution to the problem
3. Have a **Positive attitude**
4. If there is no immediate solution, we must concentrate our attention upon that **Source of strength** that will allow us to accept the situation as it is, and even to grow thereby.

*“Despite the discouragements of the past week, we need to continue moving forward.*

\* Wayne Jackson; Christian Courier

# **Biblical Reflections**



## **The Story of Elijah\***

*\* From Pastor William Shelton's notes*

# 1 Kings 19:1-3



- Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword.
- So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.”
- Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there,

# 1 Kings 19:4-6



- while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."
- Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat."
- He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

# 1 Kings 19:7-9



- The angel of the LORD came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.”
- So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.
- There he went into a cave and spent the night. And the word of the LORD came to him:  
**“What are you doing here, Elijah?”**

*\*Scriptures taken from the NIV*

# Questions



- Have you ever been discouraged?
- Are you discouraged now?

**There is a remedy!**

# The “place” of discouragement



- 1 Kings 19:9 (NIV)

There he went into a cave and spent the night. And the word of the LORD came to him: *“What are you doing here, Elijah?”*

- *The “place” of Discouragement :*
- *Is not a permanent place of occupation/ cannot be our residence*
- *Is many times a temporary transition where God also speaks*
- *Has the ability to make you feel all alone (even when you’re not)*
- *We are no good to God, ourselves or others when we remain discouraged*
- *You and I need “courage”*



# Four Encouragement Inducers

## 1. Trust God

- ✓ God provides; He sent an angel to assist Elijah
- ✓ Then God showed up; He showed Himself to Elijah in the middle of his 'Discouragement'
- ✓ When we are in trouble like Elijah, God will come to our side through God the Holy Spirit (*Parakletos*) and through people who encourage

*"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and **the God of all comfort**, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God"* *2 Corinthians 1: 3-4*

# Four Encouragement Inducers

## 2. Get Rest for Your Body and Spirit



- ✓ When you are physically and emotionally exhausted, you are a prime candidate to be infected with discouragement
- ✓ If we are burning the candle at both ends, perhaps we are not as bright as we think
- ✓ Take a break; you will be more effective when you return to work

*Jesus said:*

***"Come to me, all you who are weary and burdened, and I will give you rest"*** *Matthew 11:28(NIV)*

# Four Encouragement Inducers

## 3. Resist the Fear and Frustration



- ✓ Fear is behind more discouragement than we would like to admit
- ✓ Discouragement is a choice; it is a heart condition. It is easier to be discouraged than to do something about our situation. Fight back!
- ✓ Seek the Lord, wait Him, hang on!
- ✓ Do what is right despite your feelings
- ✓ Don't fight the darkness, Turn The LIGHT ON
- ✓ Remember God will help us

*“The Lord is my light and my salvation, whom shall I **fear**?” Psalm 27: 1*

*Jesus said: “Peace I leave you; my peace I give you. Do not let your heart be troubled and do not be **afraid**”* John 14: 27

# Four Encouragement Inducers

## 4. Correct Your Thinking

- ✓ Listen to what God thinks; His thoughts are always encouraging
- ✓ Listen to God's voice; His is always right
- ✓ Don't listen to negative voices of criticism, guilt & shame that come from within or from others
- ✓ Renew your mind by His word
- ✓ Think about it; God loves you even when you are discouraged

*“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable (of good repute)- if any thing is excellent or praise worthy-**think about such things.**”*

*Philippians 4: 8*

# Victory over discouragement?- What happened to Elijah?



- ✓ The Lord appeared to him (1 Kings 19: 11-13)
- ✓ Elijah finished the mission God gave him ( Kings 19: 15-17)
- ✓ The Lord took Elijah to heaven in chariot of fire (2 Kings 2: 11)

*“As they were walking along and talking together, suddenly a chariot of fire and horses of fire appeared and separated the two of them and Elijah went up to heaven in a whirlwind”*

*2 Kings 2: 11*

*“Humble yourselves before the Lord, and He will lift you up”*

*James 4: 10 (Also, Luke 21: 28)*

# Four Encouragement Inducers



1. Trust God; Go to Him; experience His love, His presence and His peace
2. Get Rest for your body and spirit
3. Resist fear and frustration
4. Correct your thinking

# In Summary



- ❑ In the midst of our discouragement, God provides strength and help by:
- ✓ His presence and by
- ✓ Other helpers whom He sends our way

*God said to Elijah twice:*

*“What are you doing here, Elijah?” 1 Kings 19: 9, 13*

*“Go out and stand on the mountain .... For the Lord is about to pass by” 1 Kings 19: 11*

*“Go back the way you came.....” 1 Kings 19: 15.a*

# RX for Discouragement



## *Joshua Chapter 1:*

- *1: 6*      ***"Be strong and courageous"***
- *1: 7*      ***"Be strong and very courageous"***
- *1: 7-9 :*    ***"Be careful to obey all the law my servant Moses gave you"***  
***"Do not be terrified"***  
***"Do not be discouraged"***  
***"The LORD your God will be with you wherever you go."***
  
- *1: 8.b*      ***Then you will be prosperous and successful.***



# **RX for Discouragement**



## **References:**

- 1. The NIV Study Bible**
- 2. Pastor William Shelton's notes; with permission**
- 3. Rick Warren; "The purpose-Driven Life"**
- 4. Wagdy's pervious notes**