

Elijah's Discouragement



Moral Decline



2 Timothy 3:1-7

Exhaustion



Matthew 26:41

Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.

Exhaustion



Luke 10:38-42

³⁸Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. ³⁹And she had a sister called Mary, who also sat at Jesus' feet and heard His word. ⁴⁰But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." ⁴¹And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. ⁴²But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."

Felt Worthless & Alone



1 Kings 19

Dealing With Discouragement

Not By Running Away

Not By Feeling Sorry For Ourselves

Dealing With Discouragement

Take Advantage Of God's Comfort

Philippians 4:6-9

Dealing With Discouragement

Take Advantage Of God's Comfort

What Verses Would

You Put Here?

Dealing With Discouragement

Get To Work

Romans 13:11-14

¹¹And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. ¹²The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. ¹³Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. ¹⁴But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.

Dealing With Discouragement

Realize We Are Not Alone

1 Peter 5:6-9

⁶Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,
⁷casting all your care upon Him, for He cares for you. ⁸Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. ⁹Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

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Realize We Are Not Alone

Galatians 6:2

Bear one another's burdens,
and so fulfill the law of Christ.

Dealing With Discouragement

Realize We Are Not Alone

Hebrews 10:24-25

²⁴And let us consider one another in order to stir up love and good works, ²⁵not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.

Dealing With Discouragement

Trust That Victory Is Certain

2 Corinthians 4:16-18

¹⁶Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. ¹⁷For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, ¹⁸while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.

Dealing With Discouragement

Trust That Victory Is Certain

2 Kings 2

How Do You
Deal With
Discouragement?