

# OVERCOMING DISCOURAGEMENT

## The Overcoming Life - Week 7

### I. \_\_\_\_\_ Faces Discouragement

See 1 Samuel 16: 6b-7;13; 1 Samuel 30:1-8

1 Samuel 30:6-8 “And David was greatly distressed, for the people spoke of stoning him because the soul of all the people was grieved, every man for his sons and for his daughters; but **David encouraged himself in the Lord his God.**” <sup>7</sup> Then he said to Abiathar the priest, “Bring me the ephod!” So Abiathar brought it. <sup>8</sup>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!”

**Key: Discouragement is not a condition; it is a \_\_\_\_\_**

### Three Keys to Overcome Discouragement

#### I. Have a \_\_\_\_\_ mindset.

A. David was a worshipper.

B. David \_\_\_\_\_ to see God in everything.

1 Samuel 17:45; Psalm 59:1-4,16-17; Philippians 4:8 (Amp)

C. When we keep our mind on God:

a. You have instant encouragement and a new perspective.

b. You experience \_\_\_\_\_ Isaiah 26:3

c. You will speak and act by \_\_\_\_\_ Hebrews 11:6

d. You become an \_\_\_\_\_ of others.

e. You destroy the power of Satan to oppress you. Psalm 149:6-9

Hebrews 4:12 “For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.”

D. As we \_\_\_\_\_ our focus, it \_\_\_\_\_ our disposition.

### II. Set \_\_\_\_\_ Expectations

John 16:33 “I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”

#### Three Expectations

##### A. Expect victory, without difficulty

1 Peter 4:12 “Don’t be surprised at the fiery trials you are going through, as if something strange were happening to you.

##### B. Expect \_\_\_\_\_ without Victory

##### C. Overcoming Believers Expect Difficulty, then \_\_\_\_\_

Romans 5:3-5 “We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. <sup>4</sup> And endurance develops strength of character, and character strengthens our confident hope of salvation. <sup>5</sup> And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit.

Romans 8:37 “Despite all these things, overwhelming victory is ours through Christ, who loved us.” (See Luke 10:19)

**Key: You’re going to \_\_\_\_\_, and you’re going to \_\_\_\_\_! But you’re going to have to fight.**

### III. Place Your \_\_\_\_\_ in God’s \_\_\_\_\_

#### A. Recognize Satan’s tactics to discourage us.

#### B. Reject a performance mentality.

Titus 3:5a “He saved us, not because of the righteous things we had done, but because of his mercy.

#### C. Rest in and rely on God’s \_\_\_\_\_ Psalm 59:10

**Key: \_\_\_\_\_ is about me, but obedience and grace are about God.** See Ro. 11:5-7; Eph. 2:8-9; Hebrews 4:16

Isaiah 41:10 “Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

## The Overcoming Life

**Overcome or Overcoming** - God created us to be overcomers in this world. God intended for us to live a victorious, overcoming life.

**Overcoming Rejection** - Jesus was the most rejected man in the history of the world, but he overcame rejection on every level - and has empowered us to do the same!

**Overcoming Doubt** - Everyone has questions, "Why does God allow me to suffer?" or "Why doesn't God answer my prayers?" "What is the right decision?" "Did I really hear God?" We'll look honestly at our doubts and learn to overcome any doubt in our lives.

**Overcoming Fear** - On his way to the cross, Jesus experienced more fear than any person ever and yet He overcame. Based on Christ's example, we'll identify how to overcome our fears and accomplish God's will for our lives.

**Overcoming Unforgiveness** - In life, offenses, hurts, unkind words, rejection, and betrayal will come - sometimes from strangers, but sometimes from close friends or family. Regardless of the source, we must forgive to live as overcomers.

**Overcoming Death** - Jesus frees us from sin and death and his resurrection assures us of life eternal. He lived, died, and rose to give us a rich and satisfying life. (John 10:10)

**Overcoming Discouragement** - It is human nature to feel discouraged and overwhelmed. All of us will be discouraged from time to time, how we respond when we are down is always a choice. Our choice will determine our outcome.

**Overcoming Shame** - Even though we were created to live without shame, everyone battles guilt, regret and self-hate. However, Jesus rejected the curse of shame on the cross.

**Overcoming Sickness** - God still heals! So why isn't everyone healed? In this teaching we'll identify some of the different reasons for sickness to fully understand how He heals.

**Overcoming Comparison** - How do we stop dealing with unhealthy comparisons with others? The torment of comparison is perpetual, and God's only answer is for us to stop comparing!

# Overcoming Discouragement



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*The Rivers Church - 1548 Poole Blvd. - Yuba City, CA 95993  
(530) 673-9366 - [info@therivers.org](mailto:info@therivers.org)*