

DISCOURAGEMENT / WEARINESS

Definition: depression of one's spirits

CAUSES OF DISCOURAGEMENT:

1. Heavy burden/other people: Numbers 1:10-15
Moses is discouraged. People were complaining. Weight of it all became overwhelming. People's complaining caused Moses to complain.
Instead of complaining: take concerns to the Lord.
Let us not be a source of discouragement to our leaders. It stirs up the Lord's anger!
2. Defeat: Joshua 7:7-9
Because they went on their own and relied on their own strength instead of God's (7:3). Joshua seemed to be blaming God.
Sometimes the defeat can be our own fault for not relying or consulting with God.
3. Exhaustion: Elijah: 1 Kings 19:4
Often discouragement will set in after spiritual victories especially when they may require physical effort or great emotion. There is a "let-down."
When you feel let down after a spiritual experience, remember God's purposes for you are not over just as for Elijah.
God first let Elijah eat and rest. That too may be needed for you before continuing.
4. Sickness: Hezekiah Isaiah 38:9-20

OTHER SCRIPTURES:

2 Chronicles 15:7: Be strong: your work will be rewarded

Psalms 27:14: Be courageous: let your heart be strong. Wait in confident expectation
See also Lamentations 3:24-26

Psalms 37:23-24: God busies Himself with every step of the righteous man
Steps refers to one's course of life.
Right hand of God sustains in times of afflictions and distress: failures will not be permanent.

Psalms 42:5,11: Speak to your soul as the Psalmist did
Meditate/write down the goodness of God in your life (call to remembrance)
God is always our hope.

Psalms 138:8: God will become involved in what concerns me. His plans must be involved in the "mix" of things. He alone fulfills His purpose for us.

Proverbs 24:16: The evil attempts of the wicked against the righteous will not be fully successful.
(Psalm 37:24): Every time the righteous emerges he comes out brighter and more Refined.

Isaiah 40:31: Those who wait for the Lord will renew their strength.

Isaiah 50:7: Because our confidence is in god's help be resolute, undaunted

Matthew 11:28-30: Jesus encourages us to come to Him when we are weary and burdened. He will give rest. He wants to partner with us in making the burdens easier.

1 Corinthians 15:58: Be firm, steadfast, unmovable (not turned aside by others)

Galatians 6:9: Don't lose heart and grow weary in doing what is right. We will reap at the proper time. See also 2 Thessalonians 3:13

Hebrews 4:15-16: We have One (Jesus) who understands and sympathizes with our weaknesses.