

# How To Deal With DISCOURAGEMENT

by Dr. David L. Brown

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# How To Deal With Discouragement

by Pastor David L. Brown, Ph.D.

**Psalms 42:5-11** “Why art thou cast down, O my soul? and *why* art thou disquieted in me? hope thou in God: for I shall yet praise him *for* the help of his countenance. 6 O my God, my soul is cast down within me: therefore will I remember thee from the land of Jordan, and of the Hermonites, from the hill Mizar. 7 Deep calleth unto deep at the noise of thy waterspouts: all thy waves and thy billows are gone over me. 8 *Yet* the LORD will command his lovingkindness in the daytime, and in the night his song *shall be* with me, *and* my prayer unto the God of my life. 9 I will say unto God my rock, Why hast thou forgotten me? why go I mourning because of the oppression of the enemy? 10 *As* with a sword in my bones, mine enemies reproach me; while they say daily unto me, Where *is* thy God? 11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, *who is* the health of my countenance, and my God.”

## Introduction

I know some of you reading this booklet are discouraged. It is my prayer that you will find help and hope in this little booklet.

**Discouragement and defeat often follow difficult or sad circumstances.** Mentally, discouragement whispers or even yells, “it's no use, the battle is lost anyway!” But if we capitulate, we allow ourselves to be rendered helpless by the undertow of evil, and pain in this imperfect world. If we roll up our standard without a fight, discouragement has won a victory that it should not have won.

If you are a believer, I remind you, our hope is to be in the Lord. **Psalms 39:7** “And now, Lord, what wait I for? my hope is in thee.” We need to follow the faith of the who learned early to hope in the Lord. He wrote in **Psalms 71:5** “For thou *art* my hope, O Lord GOD: *thou art* my trust from my youth.”

Also, discouragement arises from continued failure which causes us to wonder if we will ever measure up to our own or others' standards. But the only standard which matters in God's sight is whether we follow His Word and His Spirit in our lives. We are not accountable for causes of failure beyond our control! I have found that very often things do not work out the way **I** planned them. But God **IS** sovereign and He "...worketh all things after the counsel of his own will." (**Ephesians 1:11**). We are to do what God has called us to do and leave the results up to Him.

The illustration that comes to mind is Noah. He built the Ark and preached righteousness for 120 years with no converts outside of his own immediate family! He **WAS** faithful to God, but there were no results! Humanly speaking he was a failure. But **NOT** in God's eyes! **Hebrews 11:7** "By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith."

## **OUTLINE**

We will answer these questions in this booklet –

- **What is discouragement?**
- **How does discouragement affect you?**
- **Why do we get discouraged?**
- **How should we deal with discouragement?**

These are the questions we are going to consider in this study.

- **What Is Discouragement?**

Here are **some definitions** I have found -- Discouragement is the feeling of despair in the face of obstacles.

Another source put it this way – Discouragement is the depriving of confidence or hope or enthusiasm and hence often deterring action.

According to the *Webster's New World Dictionary of the American Language* **discouragement** is – “To deprive of courage; make less confident or hopeful; dishearten.”

It is safe to conclude **that discouragement is the state or feeling of being discouraged or disheartened.**

There are several **Hebrew words that are translated *discourage*.**

One Hebrew word translated ***discourage*** is the word **נוו'** (*noo*; 5106) which means to hinder, hold back, forbid, disallow, restrain, or frustrate. This word is used in **Numbers 32:7-9** “And wherefore discourage ye the heart of the children of Israel from going over into the land which the LORD hath given them? 8 Thus did your fathers, when I sent them from Kadeshbarnea to see the land. 9 For when they went up unto the valley of Eshcol, and saw the land, they discouraged the heart of the children of Israel, that they should not go into the land which the LORD had given them.”

Another Hebrew word translated ***discourage*** is **קצר** **qatsar** (*kaw-tsar*’; 7114) which means to be short, be impatient, be vexed, or be grieved. We find this word in **Numbers 21:4** “And they journeyed from mount Hor by the way of the Red sea, to compass the land of Edom: and the soul of the people was much discouraged because of the way.” The going was difficult. Circumstances seemed to be against them. They became impatient, frustrated and discouraged as a result.

That has happened to me and very likely to you as well! I try to complete a task and run into so many obstacles.

Still another Hebrew word translated ***discourage*** is **חַתַּת** **chathath** (*khaw-thath*’; 2865) which means to be broken down with fear, to be confounded. We find this word in **Deuteronomy 1:21** “Behold, the LORD thy God hath set the land before thee: go up *and* possess *it*, as the LORD God of thy fathers hath said unto thee; fear not, neither be discouraged.”

While there may be others, the final Old Testament Hebrew word translated **discourage** is מַסַּח **macac** (*maw-sas'*; 4549) which literally means to melt or grow fearful. To be sure, **fear discourages action!** One verse where this word is used is **Deuteronomy 1:28** “Whither shall we go up? our brethren have discouraged our heart, saying, The people is greater and taller than we; the cities *are* great and walled up to heaven; and moreover we have seen the sons of the Anakims there.”

The truth is, discouragement comes in many varieties.

**The New Testament** is not as fruitful when it comes to the variety of Greek words translated **discouraged**. The Greek word translated discouraged is αθυμew *athumeo* (*ath-oo-meh'-o*; 120). It means to be disheartened, dispirited, broken in spirit. The only place the word occurs is in **Colossians 3:21** “Fathers, provoke not your children *to anger*, lest they be discouraged.” That is not to say that the New Testament does not address the issue of discouragement, because it does.

A companion word would be “**cast down**.” It occurs in **2 Corinthians 7:6** “Nevertheless God, that comforteth those that are cast down, comforted us by the coming of Titus;” This is a translation of the Greek word ταπεινος *tapeinos* (*tap-i-nos'*; 5011) which means **discouraged, depressed, lowly**.

## • How Does Discouragement Affect People?

### ✓ It Distorts Their Perspective

- **Clear thinking is often frustrated** – Things can often seem worse than they really are.
- **Small things upset them** – This may be because we are already on edge because we are mentally overloaded
- **Negativism occupies their thinking and comes out in their conversation**

## ✓ **It Dampens Their Passion or Enthusiasm**

- **Enthusiasm is quenched** – Discouragement acts like a bucket water that is dumped on a fire.
- **Goals become clouded**
- **They want to quit**

## ✓ **It Demolishes Their Productivity**

- They are easily distracted
- An “it can’t be done” attitude prevails

## ✓ **It Distresses Their Relationships**

When you are discouraged, you are on edge emotionally.

- Their feelings get hurt easily, and they are easily upset
- They withdraw from others
- Others don’t want to be around them because of their negative attitude

## ✓ **It Damages Their Person**

- Their emotions are raw (they are emotionally drained)
- They feel physically burned out
- Mentally, their ability to reason is hampered

Your physical, emotional and mental health can be affected adversely, depending on how discouraged you are, how long you have been discouraged and how you respond to the discouragement.

Since all of us will face discouragement sometime, and since discouragement can affect us in such an adverse way, we need to find out how to deal with deal with discouragement Biblically.

- **Why Do People Get Discouraged?**

**We are going to look at 6 Causes of Discouragement -**

✓ **Unwarranted Negativism**

Negativism is an attitude characterized by pessimism, which always looks on the dark side of things and has the tendency to expect misfortune, or the worst possible outcome in any circumstance. When a person is in this state of mind, they are focusing on how their circumstances are affecting them right now. It is a short term focus. But, they need to focus on the Lord and ask for His strength. **Psalms 46:1** says, “God is our refuge and strength, a very present help in trouble.”

Individuals who allow themselves to get into this frame of mind become very discouraged. More often than not, you do not have to guess that they are pessimistic. It is very obvious. Their body language and facial expressions will obviously show it and when they are talking it will be very apparent.

This is the state of the Israelites in **Numbers 14:1-4**. They had just received the negative report from ten of the twelve men that Moses had sent on a reconnaissance mission to secretly explore the Promised Land. Note their response -- “And all the congregation lifted up their voice, and cried; and the people wept that night. 2 And all the children of Israel murmured against Moses and against Aaron: and the whole congregation said unto them, Would God that we had died in the land of Egypt! or would God we had died in this wilderness! 3 And wherefore hath the LORD brought us unto this land, to fall by the sword, that our wives and our children should be a prey? were it not better for us to return into Egypt? 4 And they said one to another, Let us make a captain, and let us return into Egypt.”



**What signs of negativism are shown in the above verses?** *First*, in **verse 1** they became loud and unruly. This is indicated in the phrase, “lifted up their voice, and cried.” No doubt pronounced sighs, gasps, shrieks and loud declarations were a part of this scene. We also know the people wept. In **verse 2** and **3** it says they murmured, or complained about Moses, Aaron and God. They were uncooperative to say the least! Further, a pessimist has the tendency to exaggerate to support their faulty rationalizations! That comes through loud and clear when twice they declare they wish they had died in Egypt or in the desert. A spirit of rebellion is also evident. They accuse God of unholy motives in bringing them to this place. Finally, they decide they are going to take matters into their own hand and try to escape the situation.

What is wrong with that? Their reactions to the situation were sinful! They should have followed the path outlined in **Psalms 34:4-8** “I sought (enquire of; pray to) the LORD, and he heard me, and delivered me from all my fears. 5 They looked (for help) unto him, and were lightened: and their faces were not ashamed. 6 This poor man cried (called out for help), and the LORD heard *him*, and saved him out of all his troubles. 7 The angel of the LORD encampeth round about them that fear him, and delivereth them. 8 O taste and see that the LORD is good: blessed is the man *that trusteth* (to make a refuge) in him.”

**We have a great God.** He is able to see us through any adversity we face. Instead of being pessimistic, we should face difficult situations like Jeremiah did. Read carefully **Jeremiah 32: 16-27**.

### ✓ **Unfavorable Comparisons**

**Deuteronomy 1:28-33** “Whither shall we go up? our brethren have discouraged our heart, saying, The people is greater and taller than we; the cities are great and walled up to heaven; and moreover we have seen the sons of the Anakims there. 29 Then I said unto you, Dread not (6206; tremble; quiver), neither be afraid (3372) of them. 30 The LORD your God which goeth before you, he shall fight for you, according to all that he did for you in Egypt before your eyes; 31 And in

the wilderness, where thou hast seen how that the LORD thy God bare thee, as a man doth bear his son, in all the way that ye went, until ye came into this place. 32 Yet in this thing ye did not believe the LORD your God, 33 Who went in the way before you, to search you out a place to pitch your tents *in*, in fire by night, to show you by what way ye should go, and in a cloud by day."

The word translated **discouraged** is the Hebrew word מַסַּח macac (*maw-sas'* ; 4549) literally means to melt or grow fearful. When you are living for the Lord and seeking to do His will you need to keep your eyes on him and not on others. **Proverbs 29:25** says, "The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe."

When you compare yourself or your possessions with someone stronger, wealthier, smarter, better looking, more talented, etc., I can almost guarantee the result will be discouragement. It makes you feel inadequate, even fearful, and may lead you into the sins of being envious or covetous. The tenth commandment warns, "Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's." **Exodus 20:17**

Seek the Lord's will and then make every effort to do the Lord's will to the best of your ability because the Lord will not judge you based on what others have done but on what you have done based on your capabilities.

### ✓ **Unforgotten Failures**

**Joshua 8:1** "And the LORD said unto Joshua, Fear not, neither be thou dismayed: take all the people of war with thee, and arise, go up to Ai: see, I have given into thy hand the king of Ai, and his people, and his city, and his land:"

The Lord wanted the city of Ai defeated and commanded the Israelite army to go to battle against them. But, the people remembered the humiliating defeat they had recently suffered at the hands of the army of Ai. **Joshua 7:5** gives us a glimpse

of that defeat – “And the men of Ai smote of them about thirty and six men: for they chased them *from* before the gate *even* unto Shebarim, and smote them in the going down: wherefore the hearts of the people melted, and became as water.”

This defeat had discouraged them! They were afraid to try it again for fear they would fail again.

We must not allow past failures to paralyze us into inaction! I have a devotional book by Warren Wiersbe called “The Bumps Are To Climb On.” It is filled with biblical accounts of those who experienced failures in their lives, but learned from them and then moved forward!

Failures are a part of life! When we fail, we need to get up, consider why we failed, dust ourselves off and move forward. **Proverbs 24:16** says, “For a just *man* falleth seven times, and riseth up again: but the wicked shall fall into mischief.”

### ✓ Unfulfilled Expectations

**1 Kings 19:1-14 & 18** “And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword. **2** Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time. **3** And when he saw *that*, he arose, and went for his life, and came to Beersheba, which *belongeth* to Judah, and left his servant there. **4** But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I *am* not better than my fathers. **5** And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise *and* eat. **6** And he looked, and, behold, *there was* a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again. **7** And the angel of the LORD came again the second time, and touched him, and said, Arise *and* eat; because the journey *is* too great for thee. **8** And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God. **9** And he came

thither unto a cave, and lodged there; and, behold, the word of the LORD *came* to him, and he said unto him, What doest thou here, Elijah? *10* And he said, **I** have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and **I, even I only, am left; and they seek my life, to take it away.** *11* And he said, Go forth, and stand upon the mount before the LORD. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; *but* the LORD *was* not in the wind: and after the wind an earthquake; *but* the LORD *was* not in the earthquake: *12* And after the earthquake a fire; *but* the LORD *was* not in the fire: and after the fire a still small voice. *13* And it was *so*, when Elijah heard *it* that he wrapped his face in his mantle, and went out, and stood in the entering in of the cave. And, behold, *there came* a voice unto him, and said, What doest thou here, Elijah? *14* And he said, I have been very jealous for the LORD God of hosts: because the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, *even I only, am left; and they seek my life, to take it away.* *18* Yet **I** have left *me* seven thousand in Israel, all the knees which have not bowed unto Baal, and every mouth which hath not kissed him.”

Far too many people set themselves up for discouragement because they have built up expectations in their minds, and when things do not turn out they way they expected they lose heart. This is what happened to Elijah. He had just come off of a mountain top experience where he had called down fire from Heaven and utterly annihilated 450 prophets of Baal (**1 Kings 18**). After those great victories the Lord did not respond to wicked Queen Jezebel’s threats as Elijah had expected. Elijah was discouraged.

In fact, our responsibility is to obey the Lord and do right in any given situation and leave the results up to God. That’s what **Psalms 62:5** is teaching – “My soul, wait thou only upon God; for my expectation *is* from him.”

### ✓ Unusual Responsibilities

**1 Chronicles 22:5-13** “And David said, Solomon my son is young and tender, and the house *that is* to be builded for the LORD *must be* exceeding magnifical, of fame and of glory throughout all countries: I will *therefore* now make preparation for it. So David prepared abundantly before his death. 6 Then he called for Solomon his son, and charged him to build an house for the LORD God of Israel. 7 And David said to Solomon, My son, as for me, it was in my mind to build an house unto the name of the LORD my God: 8 But the word of the LORD came to me, saying, Thou hast shed blood abundantly, and hast made great wars: thou shalt not build an house unto my name, because thou hast shed much blood upon the earth in my sight. 9 Behold, a son shall be born to thee, who shall be a man of rest; and I will give him rest from all his enemies round about: for his name shall be Solomon, and I will give peace and quietness unto Israel in his days. 10 He shall build an house for my name; and he shall be my son, and I *will be* his father; and I will establish the throne of his kingdom over Israel for ever. 11 Now, my son, the LORD be with thee; and prosper thou, and build the house of the LORD thy God, as he hath said of thee. 12 Only the LORD give thee wisdom and understanding, and give thee charge concerning Israel, that thou mayest keep the law of the LORD thy God. 13 Then shalt thou prosper, if thou takest heed to fulfil the statutes and judgments which the LORD charged Moses with concerning Israel: be strong, and of good courage; dread not, nor be dismayed.”

Solomon found himself in a situation that was neither of his own making nor of his own choosing. He had extraordinary demands placed on him. It was King David, his father, who wanted to build the house of the Lord. “But God said unto me, Thou shalt not build an house for my name, because thou *hast been* a man of war, and hast shed blood.” **1 Chronicles 28:3.**

Go on to read in **verse 6** “And he (God) said unto me, Solomon thy son, he shall build my house and my courts: for I have chosen him *to be* my son, and I will be his father.”

When a person finds himself in a situation where demands are pressing on him and the situation is not of his own choice or

making, discouragement is often the response! But, remember that God is sovereign. Our Lord promises to strengthen us. **Philippians 4:13** says, "I can do all things through Christ which strengtheneth me." Remember these two verses as well: "For it is God which worketh in you both to will and to do of *his* good pleasure. *14* Do all things without murmurings and disputings:" **Philippians 2:13-14** There is another passage that comes to mind here -- **1 Corinthians 10:13** "There hath no temptation (trial) taken you but such as is common to man (trials are a part of everyone's life): but God *is* faithful, who will not suffer (permit or allow) you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear *it*."

### ✓ **Unequal Successes**

**Ezra 3:8-13** "Now in the second year of their coming unto the house of God at Jerusalem, in the second month, began Zerubbabel the son of Shealtiel, and Jeshua the son of Jozadak, and the remnant of their brethren the priests and the Levites, and all they that were come out of the captivity unto Jerusalem; and appointed the Levites, from twenty years old and upward, to set forward the work of the house of the LORD. *9* Then stood Jeshua *with* his sons and his brethren, Kadmiel and his sons, the sons of Judah, together, to set forward the workmen in the house of God: the sons of Henadad, *with* their sons and their brethren the Levites. *10* And when the builders laid the foundation of the temple of the LORD, they set the priests in their apparel with trumpets, and the Levites the sons of Asaph with cymbals, to praise the LORD, after the ordinance of David king of Israel. *11* And they sang together by course in praising and giving thanks unto the LORD; because *he is* good, for his mercy *endureth* for ever toward Israel. And all the people shouted with a great shout, when they praised the LORD, because the foundation of the house of the LORD was laid. *12* But many of the priests and Levites and chief of the fathers, *who were* ancient men, that had seen the first house, when the foundation of this house was laid before their eyes, wept with a loud voice; and many shouted aloud for joy: *13* So that the people could not discern the noise of the shout of joy from the

noise of the weeping of the people: for the people shouted with a loud shout, and the noise was heard afar off.”

It is hard to “**fill the shoes**” of someone who has been very successful. That is the nature or the situation in this passage in Ezra. The older people remembered the “**good old days**” of the magnificent former Temple, which had been destroyed. The younger people rejoiced when the new Temple was finished, but the older people wept, because it was smaller and not as grand as the Temple they remembered; consequently, they were discouraged.

I must warn you! **If you wallow in your discouragement, you may miss out on the joy and blessings of God!** This kind of discouragement can also lead you into sin, the sin of coveting the past! **Hebrews 13:5** says, “*Let your conversation (behavior) be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.*” Paul also said, **Philippians 4:11** “*Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.*”

- **How To Deal With Discouragement Biblically**

**Joshua 1:2-9** gives us some wonderful biblical insight into how to deal with discouragement in a biblical way. We read –

"Moses my servant is dead; now therefore arise, go over this Jordan, thou, and all this people, unto the land which I do give to them, *even* to the children of Israel. 3 Every place that the sole of your foot shall tread upon, that have I given unto you, as I said unto Moses. 4 From the wilderness and this Lebanon even unto the great river, the river Euphrates, all the land of the Hittites, and unto the great sea toward the going down of the sun, shall be your coast. 5 There shall not any man be able to stand before thee all the days of thy life: as I was with Moses, so I will be with thee: I will not fail thee, nor forsake thee. 6 Be strong and of a good courage: for unto this people shalt thou divide for an inheritance the land, which I swear unto their fathers to give them. 7 Only be thou strong and very courageous, that thou mayest observe to do according to all the

law, which Moses my servant commanded thee: turn not from it *to* the right hand or *to* the left, that thou mayest prosper whithersoever thou goest. 8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. 9 Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God *is* with thee whithersoever thou goest."

✓ **Forget The Past -- Joshua 1:2a** "Moses my servant is dead..."

There is an old proverb that says, "Don't cry over spilt milk." We have no control over the hand we are dealt in life. We have little or no control over the circumstances of our lives. We must not spend a lot of time lamenting over "what might have been" or drowning in "if onlys." We must put the past behind us. That is what Paul did! He wrote, "Brethren, I count not myself to have apprehended: but *this* one thing *I* do, forgetting those things which are behind..." **Philippians 3:13a** While Paul did not deny his past, neither did he live in the past. And in fact, in one sense his past motivated him to accept the challenges of the future. That the next key to dealing with discouragement biblically...

✓ **Accept The Challenge Before You -- Joshua 1:2b** "now therefore arise, go..."

Caleb was one of the two men who brought back a positive report when they had spied out the land of Canaan. The Israelites did not follow his suggestion to go up and possess the land. They were discouraged by the majority report. Forty years have past. Caleb is now 85 years old, and despite 40 years of discouraging wilderness wandering the opportunity is presented to Caleb to have part in taking the land of Canaan. What is his response? "Now therefore give me this mountain, whereof the LORD spake in that day; for thou heardest in that day how the Anakims *were* there, and *that* the cities *were* great



and fenced: if so be the LORD will be with me, then I shall be able to drive them out, as the LORD said.” **Joshua 14:12**

We must not allow past discouragements to hinder present efforts. I again point you to what the Apostle Paul wrote -- “Brethren, I count not myself to have apprehended: but *this* one thing *I do*, forgetting those things which are behind, and reaching forth unto those things which are before, 14 I press toward the mark for the prize of the high calling of God in Christ Jesus.” **Philippians 3:13-14**

✓ **Keep On Keeping On – Johsua 1:3** “Every place that the sole of your foot shall tread upon, that have I given unto you, as I said unto Moses.”

Our Lord told us, “...In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” **John 16:33** He did not say, in this world you will have tribulation, therefore discouragement will be your lot and you won’t accomplish much. In fact, He sends them out to spread His message. We must not allow discouragement to overcome us and keeps us from accomplishing tasks. We must overcome discouragement and “keep on keeping on.” Again I remind you of **Philippians 4:13** “I can do all things (that are the will of God) through Christ which strengtheneth me.”

✓ **Enjoy The Presence of The Lord – Johshua 1:5** “There shall not any man be able to stand before thee all the days of thy life: as I was with Moses, so I will be with thee: I will not fail thee, nor forsake thee.”

When God allows a discouragement to come into a believer’s life, know that God is there. He invites you to lean on Him. Read **Psalms 46**.

✓ **Accept The Appointments of God – Joshua 1:6** “Be strong and of a good courage: for unto this people shalt thou divide for an inheritance the land, which I swear unto their fathers to give them.”

God is sovereign! He has a purpose in everything He allows to come into our lives. The Psalmist wrote – “The steps of a *good* man are ordered by the LORD: and he delighteth in his way. *24* Though he fall, he shall not be utterly cast down: for the LORD upholdeth *him with* his hand.” **Psalms 37:23-24**

✓ **Refuse To Quit -- Joshua 1:7** "Only be thou strong and very courageous, that thou mayest observe to do according to all the law, which Moses my servant commanded thee: turn not from it *to* the right hand or *to* the left, that thou mayest prosper whithersoever thou goest."

When we encounter adversity, we have a tendency to give up...to quit. Christian friend, **DON'T QUIT! Galatians 6:9** admonishes us, “And let us not be weary in well doing: for in due season we shall reap, if we faint not.”

Job is a prime example of a man who refused to give up even though he faced tremendously discouraging circumstances. His wife said to him, “Dost thou still retain thine integrity? curse God, and die. *10* But he said unto her, Thou speakest as one of the foolish women speaketh. What? shall we receive good at the hand of God, and shall we not receive evil? In all this did not Job sin with his lips.” **Job 2:9-10**. When he was further pressed to give up he asserted – “Though he slay me, yet will I trust in him: but I will maintain mine own ways before him.” **Job 13:15**. As long as Job had any life or breath in his body, he was going to be faithful to the Lord.

✓ **Obey God’s Word -- Joshua 1:8-9** "This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. *9* Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God *is* with thee whithersoever thou goest."

Let’s review. The biblical way to deal with discouragement is to...

- ✓ **Forget The Past**
- ✓ **Accept The Challenge Before You**
- ✓ **Keep On Keeping On**
- ✓ **Enjoy The Presence of The Lord**
- ✓ **Accept The Appointments of God**
- ✓ **Refuse To Quit**
- ✓ **Obey God's Word**

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