

FACING YOUR GIANTS

Destroying Discouragement

Introduction:

1. Reviewing “Fighting Your Fear”.
2. Discouragement defined: To be disheartened or down in spirit. To lose confidence and trust. To feel like quitting. To be deterred or hindered from what we should be doing. (The Discouragement Survey).
3. Several reasons discouragement is dangerous:
 - A. Discouragement causes us to center & focus on ourselves.
 - B. Discouragement causes a temporary loss of perspective.
 - C. Discouragement causes us to isolate ourselves from other Christians and important priorities in life.
 - D. Discouragement affects others around us and takes them on our journey.
 - E. Discouragement affects our relationship with God.
4. David fit every dangerous criteria of discouragement in I Samuel 29 & 30.

OBSERVATIONS FROM ZIKLAG

I. Discouragement clouded David’s perspective.

- * Are you where you should be? Are you neglecting your family for sports, work, or selfish endeavors?
- * Are you turning your ears from God?

II. Discouragement put David in enemy territory.

III. Discouragement brought David anger and blaming.

- * When warriors weep aloud!
- * Blaming is a scapegoat!
- * Think about David’s position.

GOD’S REMEDY FOR DISCOURAGEMENT - FROM ZIKLAG

I. Encourage and strengthen yourself in the Lord.

- A. Vs. 6 – “But David...”
- B. There was no one or nowhere else to go but to God.
 - * We go everywhere else first.
 - * We look for comfort in food, things, and money.
 - * The Holy Spirit is our comforter!
- C. Aloneness can be our first step to wholeness.
 - * Solitude is a great healer!
 - * Tools for solitude: Bible, worship, prayer, silence.
- D. Once you hear God’s voice everything changes!!

II. Encourage yourself by obeying God and not giving up.

- A. Take back what is yours in Christ.
- B. Fight the good fight of faith. Don’t be a quitter!

Discouragement Identification Survey

- _____ Sometimes I feel like just running away from it all.
- _____ It's hard for me to see the beauty and good all around me.
- _____ I don't look forward to much of anything.
- _____ I honestly feel like a loser and that I'm not much good for anything.
- _____ I often wonder how much God cares.
- _____ I seriously doubt God can fix my problems.
- _____ I'm afraid to make decisions.
- _____ I keep making things worse than what they really are.
- _____ I don't like to admit it, but I'm angry at everything.
- _____ If it was up to me, I'd like to climb in a hole and watch the world go by.
- _____ What dreams? I can't see past today!
- _____ I don't even feel like praying.
- _____ I have no hope!

