

# **BREAKING THE CODE**

## **Part 2: Down And Discouraged**

### **MIND MATTERS**

- Areas that can cause us to be down / discouraged
  1. The past
  2. The current situation
  3. Beliefs regarding the future
- God's plan for us is better
  1. We can look at what Jesus did
  2. We can look at what He said (***Luke 4:18-19 NKJ***)

### **HELP FOR A LADY WHO WAS DOWN / DISCOURAGED**

- Hannah was dealing with lack and torment
  1. Her inability to have a child
  2. Intentionally tormented by the other wife
- She overlooked what was right in her life (***1 Samuel 1:8-13,16-18 NKJ***)
  1. Hannah had a godly husband who loved her and took good care of her
- Hannah went to God with her problem
  1. She poured out her heart and her complaint - but did not stop there
  2. She asked God for His help
  3. And she tied into a bigger purpose - something bigger than her desire for a child
- She connected with a promise from God
  1. Eli, the priest, represented God - she took his word as coming from God
  2. She moved past the sadness in her life because of what she believed

### **BREAKING THE DOWN / DISCOURAGEMENT CODE**

- Reduce the triggers - the things that work directly against you
  1. External sources of input that bring you down or discourage you
- Be intentionally grateful for what you have that is right
  1. Gratitude can keep us from overlooking the good in our lives
  2. Gratitude can help us focus our thoughts on what is right (***Proverbs 15:30 NKJ***)
- Handle being down / discouraged with God, not apart from Him (***James 5:13-16 NKJ***)
  1. We can go to God with our suffering
  2. We can tie into a bigger purpose