

MOVING PAST PAIN

Part 2: The Pain of Discouragement

THE PAIN OF DISCOURAGEMENT

- A. Discouragement - feeling of despair in the face of obstacles
 - 1. Do not believe we have the resources to handle the situation
 - 2. Having to face multiples of problems at the same time
 - 3. Don't believe or uncertain about the outcome being favorable
- B. Bringing God into the equation **(Psalm 42:5 NLT)**
 - 1. David addressed and did not deny the presence of discouragement
 - 2. Then David switches over to the solution - hope and praise toward God

HEZEKIAH MOVES PAST A DISCOURAGING SITUATION **(2 Chronicle 32:1-5 NKJ)**

- A. Hezekiah faced the negative situation
 - 1. He did not allow discouragement to push him into denial - knew war was coming
 - 2. He did not allow discouragement to derail him from action
- B. Hezekiah strengthened his position
 - 1. He recognized that more would be required from the nation
 - 2. He did what he could to improve their odds against an imposing army
- C. Hezekiah spoke words that strengthened the people **(2 Chronicle 32:6-8; 20-21 NKJ)**
 - 1. He neither denied nor magnified the problem
 - 2. He called up more in the people
 - 3. There was faith in his words
- D. Hezekiah seriously prayed
 - 1. He and his prayer partner Isaiah asked God to intervene and He did

MOVING PAST THE PAIN OF DISCOURAGEMENT

- A. Don't allow discouragement to move you into denial or steal your determination
 - 1. Facing challenges is a better strategy than running from them
 - 2. What action can you take?
- B. Don't allow discouragement to move to a weaker place
 - 1. People often move toward their last place of comfort
 - 2. We can be strengthened spiritually **(1 Thessalonians 3:2-3 NLT)**
- C. Speak words that strengthen, words of encouragement
 - 1. To others and especially to yourself
 - 2. Words that magnify God, not the situation
 - 3. Words of faith that deal with the unseen and unfelt **(2 Corinthians 5:7 NKJ)**
- D. Pray - talk with God about your discouraging situation **(1 John 5:14-15 NKJ)**
 - 1. Ask for His help and wisdom - and thank Him for the answer
 - 2. We have a good God; we are not alone