

## **DEALING WITH DISCOURAGEMENT**

### **DISCOURAGEMENT**

- A feeling of despair in the face of obstacles
  1. Marked by loss of confidence, low spirits, and/or pessimism
  2. Something we all face in life. So how do we deal with it? (**2 Corinthians 5:7 NKJ**)

### **DAVID'S DISCOURAGING DAYS**

- How is this for a day?
  1. His own son had turned against him
  2. Many of his own leaders have left him to follow Absalom
  3. David and those close to him are having to run for their lives
- Wearing the demeanor of defeat (**2 Samuel 15:30; 2 Samuel 16:5-14 NKJ**)
  1. Head covered and barefoot
  2. Weeping as he led the people - and they wept with him
- An untypical pessimistic attitude
  1. Does not sound like the man who faced down Goliath
  2. He believed that the Lord sent Shimei to curse him
  3. Still believed in God's mercy
  4. To his credit, he did not make a rash decision

### **DAVID DID NOT STAY DISCOURAGED AND NEITHER DO WE**

- Don't abandon wisdom when you are discouraged
  1. Get some sleep - refresh
  2. Don't make big decisions
- Talk to yourself (**Psalm 42:3&5 NKJ**)
  1. There are negative voices in the world
  2. Why are you down and troubled?
- Look to the Lord (**Psalm 3:1-4 NKJ**)
  1. This is the psalm David wrote when he had to run from Absalom
  2. We have to look beyond the circumstances
  3. But You O Lord