

A DIFFERENT YEAR

Part 2: Strategies For Pushing Back Discouragement

DISCOURAGEMENT

- An unfortunate part of life
 1. The unexpected
 2. The prolonged
 3. The piled on
- Strategies we use
 1. Wait it out - waiting for things to change
 2. Talk it out - can be helpful, but needs to move to an answer
 3. Drown it out - may not deal with the root issue, can go toxic
- A Kingdom strategy of resistance
 1. We are not dealing with discouragement alone
 2. Pushing back (***Psalm 42:5 NKJ***)

WHEN DISCOURAGEMENT TOOK DOWN A STRONG MAN

- John the Baptist had a strong start
 1. Biggest thing going in Israel - today would be blowing up YouTube / instagram
 2. He saw things and said things about Jesus that no one else did
- Discouraged by the darkness of prison (***Matthew 11:2-6 NKJ***)
 1. He lost sight of what he knew to be true
 2. Was offended that Jesus had not gotten him out of prison
- Jesus responded to John
 1. He did not rebuke or criticize John
 2. He said to go tell John what they were hearing and seeing
 3. Reminded John not to be offended - Jesus was doing what He was called to do

STRATEGIES FOR PUSHING BACK DISCOURAGEMENT

- Understand how discouragement works and it's endgame
 1. Discouragement distorts perspective
 2. Discouragement can cause us to disconnect from the Lord
- Remind ourselves of the truth (***Hebrews 2:1 NKJ***)
 1. We are not living in a vacuum - a negative environment (current)
 2. We need powerful positive input to counteract the negative (***Psalms 119:130 NKJ***)
 3. If we will do this in the light it will be easier to do this in the dark
- Keep our connection with the Lord
 1. We are not going through life alone
 2. A strong way to stay connected (***Hebrews 13:15 NKJ***)