**BIBLE - DISCOURAGEMENT**

***HEBREWS 12:1-3***

**INTRODUCTION** - Have you ever faced times of discouragement in your life? Most of us if not all of us would surely have to answer in the affirmative. We have all at times been confronted with situations that prompted us to be discouraged.

The purpose of this lesson is to let us know that with the help of God and thru his word we can defeat discouragement. The Bible presents us with some pertinent facts about defeating discouragement.

**ECCL. 7:14** – God has appointed the day of prosperity as well as the day of adversity. So when we face the day of adversity we should not be shocked and reply, “why me Lord?” The Bible is clear that none are immune from adversity and discouragement.

**PROV. 24:10** – If I am faced with discouragement and defeated by it this is the result of my strength (faith) being small.

**PSA. 119:40-42** – When we are faced with adversity where do we look for help? We need to look to God for strength.

***PROBLEMS THAT DISCOURAGE US –***

1. **HEALTH PROBLEMS** – Loss of health whether physical or mental.
2. **1 JN. 2** – If we face uncertainty in regard to health problems we can pray and turn it over to God.
3. **PHIL. 2:27** – Sometimes the answer may be yes as was the case with Epaphroditus who was sick but recovered.
4. **2 COR. 12:7-10** – Sometimes the answer may be no as was the case with Paul. Even though his infirmity was not removed he was promised the strength to bear it.
5. **PROV. 18:14** – We must have and maintain the right attitude in facing our infirmities.
6. **REV. 21:4** – Even if we suffer with sickness in this life we know that God has promised to his children that we will be able to find comfort in the fact that one day we will no longer have to deal with these problems that are associated with our human frailties.
7. **PROBLEMS WITH UNFAITHFUL BRETHREN** –
8. **PSA. 119:136** – The Psalmist expresses sorrow of seeing brethren disregard the word of God.
9. **GAL. 6:1** – We must not become so discouraged that we do not seek to restore them.
10. **JAMES 5:19-20** – Despite our best efforts some will fall away.
11. **2 TIM. 4:10, 16** – How did Paul feel when faced with unfaithful brethren? He may have been discouraged but he was not defeated!
12. **1 THESS. 1:6-8** – Paul took comfort and encouragement from the fact that many of his brethren were faithful.
13. **FINANCIAL PROBLEMS** – Many times we become discouraged by financial problems that we have created because we did not choose to live within our means.
14. **2 THESS. 3:10-12** – Your discouragement and financial problems may be the result of not being willing to work.
15. **EPH. 6:5-8** – Are you working the way you should? Are you doing your best?
16. **PROV. 21:17** – Many today have financial problems and are discouraged because they spend too much on non essential items.
17. **LUKE 12:15** – The bible is clear that Jesus teaches our happiness is not dependent on things. Song – Count Your Many Blessings – If we stop and do this we may not have as many problems as we think.
18. **FAMILY PROBLEMS** –
19. **3 JN. 4** – We can become discouraged as parents when we see and face the difficulties of raising our children to walk in truth. When we look at the sheer amount of energy, effort and work expended in raising children today it can become discouraging if we are not careful.
20. **HEB. 12:11** – The disciplining process can be discouraging because it takes time for instruction and consistency must be practiced in order to bring about the needed change in behavior.
21. **2 TIM. 3:14-15** – Some just throw up their hands in discouragement and give up. Raising children is difficult and we live in difficult times but it can be done. Look at the example of Timothy being taught by his grandmother – Lois and his mother – Eunice. They taught him the scriptures from his childhood.
22. **GEN. 37:18-20** – Joseph certainly did not have the support of his brothers, but he did not use this as an excuse to become discouraged and no longer serve God.
23. **PSA. 27:10** – Irregardless of how your family treats you we can always depend on the Lord caring for us.
24. **MARK 10:29-30** – We can also depend on the support of our brethren as our spiritual family.

**CONCLUSION** –

Read text again - **HEB. 12:1-3 - Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, 2 looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. 3 For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.**

If you are becoming discouraged - look to Jesus.

Lay aside every weight and the sin which so easily besets us.

We do not have to remain in a state of discouragement – confess and repent!

**1 JN. 1:8-9 - If we say that we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.**