

Fathers' Studies: Personal Growth

"...that the man of God may be complete, thoroughly equipped for every good work."

LESSON 6 OF 52

OVERCOMING DISCOURAGEMENT

LESSON AIM: To learn how to overcome discouragement.

KEY VERSE:

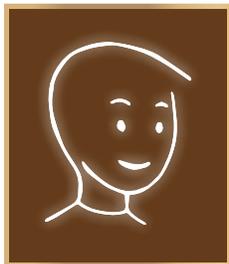
- 1 SAMUEL 30:6** David was troubled and discouraged because his men turned against him. What did he do to overcome discouragement? _____

- PSALM 42:11** The writer of this psalm was sad and troubled. What did he decide to do to end his sadness?

- 1 KINGS 19:4-6** When Elijah was tired and discouraged, God allowed him to _____ ,
and then an angel brought him _____ .
- LAMENTATIONS 3:21-22** Because of God's great love we are not destroyed. Remembering this gives the
writer _____ .
- ISAIAH 41:13** When discouraged and fearful, remember that God says, "Do not _____
_____. I will _____ ."

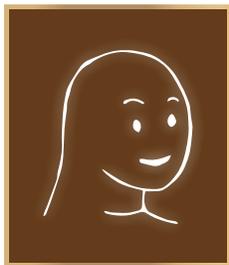
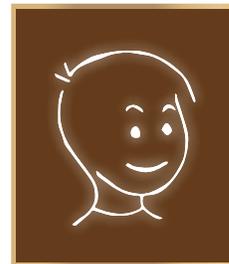
PERSONAL NOTES:

For You To Do



By Yourself

By encouraging others you encourage yourself. Encourage another man today. Tell him something that you like about him.



With Your Wife

After the children are in bed, make a big pot of tea. While you both drink it, ask her to talk about anything that might be troubling her.

With Your Children

Have you ever told them, "I'm proud of you"? Try it. Show that you really mean it.

OVERCOMING DISCOURAGEMENT

LESSON 6 OF 52

Discouragement is one of Satan's most effective weapons. He uses it to cause Christians to lose hope and confidence. Discouragement makes them too fearful to continue. It makes them feel sorry for themselves. People often get discouraged by failure, sin, rejection, or bad things that others say about them. Here are some steps to overcoming discouragement.

GET RID OF GUILT. Satan will try to use past failures to make you feel guilty. If you are truly guilty, confess it and repent of it. This takes away the guilt. Then Satan cannot use it to make you discouraged.

COVER YOURSELF WITH FAITH. You can become discouraged when you believe Satan's lies such as "God has left you." or "Nothing good can come out of this." or "I'm no good". Memorize Bible verses which tell the truth about these lies. Then when Satan's thoughts come to you, think about these verses. In this way you can cover yourself with faith.

GET RID OF PRIDE. Sometimes you do not feel like telling others that you are discouraged. You want them to think you are strong. This feeling is pride. By being honest and sharing your need with others, you can receive help. Others also receive help by knowing that they are not the only ones who get discouraged.

THANK AND PRAISE GOD. Remember God's blessings and thank Him for what He has done. There is spiritual power in praising God out loud.

READ STORIES OF GREAT CHRISTIANS. You will find out that many of God's great friends went through times of discouragement. You can learn from their experiences.

TRY NOT TO MAKE BIG DECISIONS WHILE YOU ARE DISCOURAGED.

2 CORINTHIANS 1:4, HEBREWS 12:1-3, PSALM 69:30, 32; GALATIANS 6:9

...YOU WILL MAKE THOSE HAPPY WHO DO WHAT IS RIGHT, O LORD...
(PSALM 5:12)

Satan uses discouragement to hurt Christians.

Guilt from the past can make you discouraged.

Respond to Satan's lies by speaking God's truth.

Be honest and share your need for help with others.

There is spiritual power in prayer.

WINDOW TO LIFE

As Jim thought about his life, he became very discouraged. His house was old and falling down. Jobs were hard to find. His children did not respect him. Jim hardly ever talked to his wife any more. Instead, he went out drinking with his friends. Even though Jim loved his family, he felt like giving up under the pressure. He wished that things were like they had been years ago when men fed their families off the land.

Jim felt like running away from everything. But instead of doing that, he went to visit his pastor. They talked and prayed together. They thanked God for what He had done and praised Him. They talked about the good things that Jim did have in life. In this way Jim overcame his discouragement and received the courage he needed to go on.

