

OVERCOMING DISCOURAGEMENT

(Lamentations 5:1-12)

- Introduction:
1. Discouragement is a very real danger; a weapon that Satan wields very proficiently.
 2. Discouragement has the potential to destroy us, thus Paul warned about it (Galatians 6:9).
 3. The following are some suggestions that should help us overcome this threat.

I. Focus Your Eyes On Heaven

- A. Life is meaningless without God (Ecc. 1:2).
- B. Our eyes need to be focused upon the goal of our life.
 1. (Colossians 3:2).
 2. (Hebrews 11:10).
 3. (Hebrews 12:2).
- C. We shouldn't be satisfied with comparing ourselves to others - after all, "God doesn't grade on a curve."

II. Count Your Blessings

- A. Don't allow a few negative things to monopolize your attention.
- B. If Christ is our Lord, we will always have more good in our life than bad.
- C. (Ephesians 3:1).
- D. To mope and complain after all that God has done for us is a sign of ingratitude (Philippians 4:4, 11).

III. Look Outward Rather Than Inward

- A. This is the way to happiness (Acts 20:35).
- B. A truthful paradox is to "bear another person's load to lighten your own."
- C. Much of our discouragement is created because we are not obeying God's command to be a kingdom of servants.
- D. We came with an owner's manual that says we were created for good works (Eph. 2:10).

IV. Remember That God Demands Faithfulness, Not Success

- A. (I Corinthians 4:2).
- B. Self appointed goals often bring feelings of discouragement and failure.
- C. It is our job to plant and water - God gives the increase (I Corinthians 3:6).

V. Remember That We Know The Outcome Of The Story

- A. The book of Revelation emphatically tells us that when all is said and done, we who have trusted in Christ, are victorious!
- B. Because we know that we will attain the mountain tops, why then worry when we find ourselves in some rather deep dark valleys, for we know that it is only temporary?
- C. (Revelation 12:11; 14:13).

- Conclusion:
1. May we never become so discouraged that we turn away from the prize of the high calling in Christ Jesus.
 2. May we all work on becoming more positive and useful in God's kingdom.