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## How to Handle Discouragement

Pastor Charles Mendenhall

**Matthew 16:17-18** “ 17And Jesus answered and said unto him, Blessed art thou, Simon Barjona: for flesh and blood hath not revealed it unto thee, but my Father which is in heaven. 18And I say also unto thee, That thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it.”

The verse above is not saying that Peter was to be the beginning of the church, but more so, that God was going to build the church on the revelation knowledge from the people who accept Christ as from God.

The above verse shows victory and opposition in the same verse.

Nothing can come against you that God won't take care of.

**Colossians 1:3** “We give thanks to God and the Father of our Lord Jesus Christ, praying always for you,”

There will be opposition that comes directly after you when you are pursuing God. Don't get discouraged, you have the victory!

### Three Reasons for Discouragement:

1. Circumstances
2. Peers
3. Only a Few are Working

**Numbers 21:4** “And they journeyed from mount Hor by the way of the Red sea, to compass the land of Edom: and the soul of the people was much discouraged because of the way.”

Circumstances often lead to discouragement. Many times our circumstances feel like a night slaying the dragon and when he is able to cut off on head, seven heads grow back in its place. Remember, you have the victory.

In Numbers when the twelve spies come back and ten of them have a negative report, this left the children of Israel very discouraged. Often time the discouragement of other believes can cause us to become discouraged, but remember, you have the victory.

**Numbers 32:7-9** “7And wherefore discourage ye the heart of the children of Israel from going over into the land which the LORD hath given them? 8Thus did your fathers, when I sent them from Kadeshbarnea to see the land. 9For when they went up unto the valley of Eshcol, and saw the land, they discouraged the heart of the children of Israel, that they should not go into the land which the LORD had given them.”

Even when you feel like you are overburdened, know that we cannot give up. We live in the real world where things keep going even when we quite, but the end is near. Remember, you have the victory!

We will never be able to have complete favor with everyone around us. Yes, it is nice to have favor with the people close to you, but remember that our dependency should be on the Lord, not people.

**1 Kings 19:2-3** “ 2Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to

morrow about this time. 3And when he saw that, he arose, and went for his life, and came to Beersheba, which belongeth to Judah, and left his servant there.”

**Numbers 19:4-7** “ 4And Eleazar the priest shall take of her blood with his finger, and sprinkle of her blood directly before the tabernacle of the congregation seven times: 5And one shall burn the heifer in his sight; her skin, and her flesh, and her blood, with her dung, shall he burn: 6And the priest shall take cedar wood, and hyssop, and scarlet, and cast it into the midst of the burning of the heifer. 7Then the priest shall wash his clothes, and he shall bathe his flesh in water, and afterward he shall come into the camp, and the priest shall be unclean until the even.”

In your discouragement, expect God to come to you. Expect strength to get you through your situation. God even knows that you’re not strong enough in your own strength to handle the situation. He wants you to trust in him.

**Numbers 19:8** “And he that burneth her shall wash his clothes in water, and bathe his flesh in water, and shall be unclean until the even.”

God will give you strength not only for a while, but as long as you need it.

“Every generation deals with a struggle for their time.”

What God will do in discouragement is (1) visit you, (2) give you strength, (3) keep visiting you with special direction, and (4) give you a fresh anointing.

God wants to give specific direction in your life. It’s going to be challenging at times. It will take commitment. It will take just as much commitment to finish strong as it did to begin.

**Isaiah 60:1 (Amp)** “ARISE [from the depression and prostration in which circumstances have kept you--rise to a new life]! Shine (be radiant with the glory of the Lord), for your light has come, and the glory of the Lord has risen upon you!”

Rise and shine out of discouragement!

Usually we want God to change our circumstances, but sometimes He doesn’t, but he gives you the strength to get through them.

**2 Corinthians 7:5-6 (Amp)** “5For even when we arrived in Macedonia, our bodies had no ease or rest, but we were oppressed in every way and afflicted at every turn--fighting and contentions without, dread and fears within [us]. 6But God, Who comforts and encourages and refreshes and cheers the depressed and the sinking, comforted and encouraged and refreshed and cheered us by the arrival of Titus.”

Whenever you see someone discouraged, try to lift them up. Speak words of victory to them.

**Isaiah 57:10** “Thou art wearied in the greatness of thy way; yet saidst thou not, There is no hope: thou hast found the life of thine hand; therefore thou wast not grieved.”

**2 Peter 2:7** “And delivered just Lot, vexed with the filthy conversation of the wicked:”