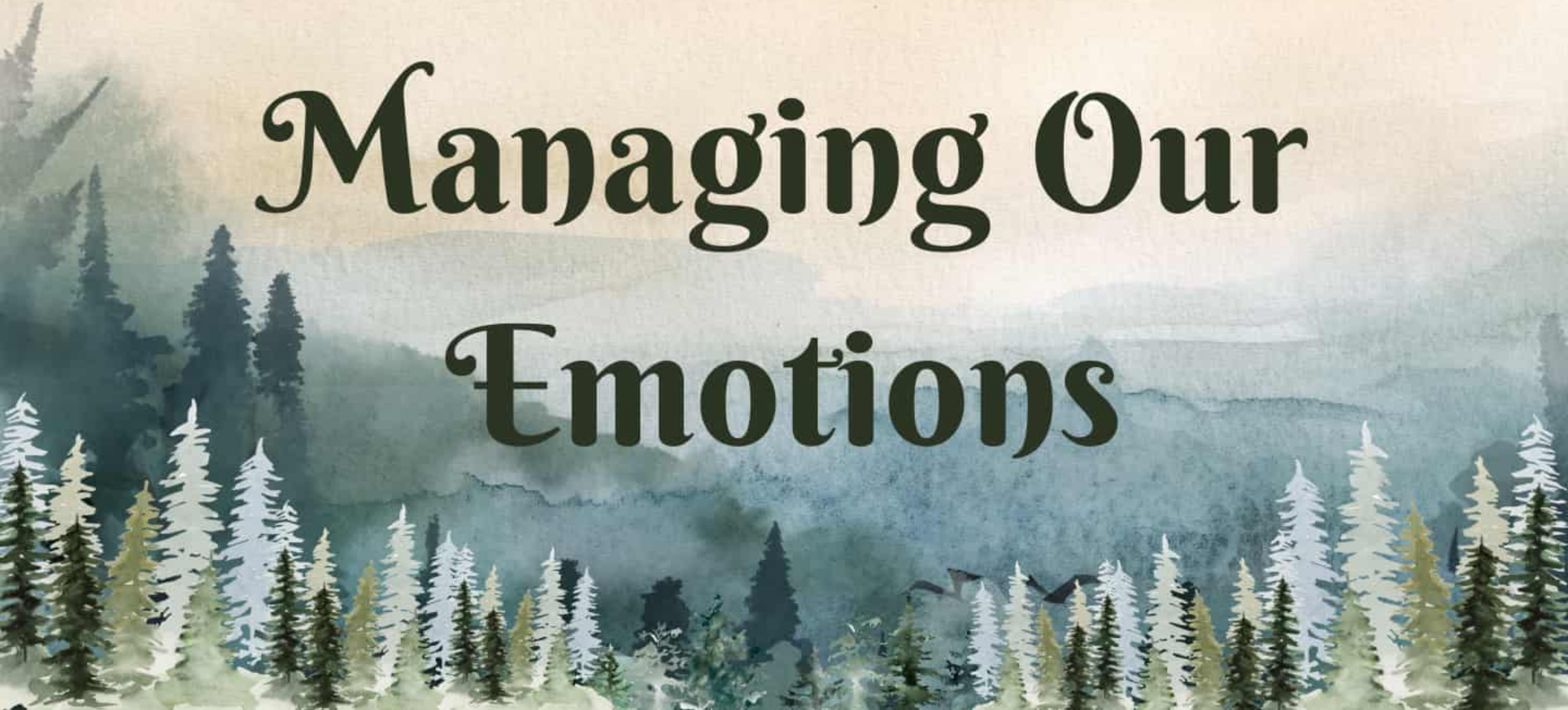
Life In The Word Series

Managing Our Emotions



Lesson 16:

How to Deal with Discouragement



Deuteronomy 31:8

The Lord Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged.

"Disappointments are inevitable;
discouragement is a choice."

Discouragement is the opposite of courage.

John 16:33

I have told you all this so that you may have peace in Me. Here on earth, you will have many trials and sorrows. But take heart, because I have overcome the world.

Discouragement isn't as much about our situation as it is our perception of our situation.

Feeling discouraged is different from being discouraged. The feeling affects our emotions; the being affects our actions.

In Hebrew the word “discouraged” is also translated as “shattered.”

Scripture Lesson

Numbers 13:30-33

Caleb

Numbers 13:30-33

Then Caleb quieted the people before Moses, and said, "Let us go up at once and take possession, for we are well able to overcome it."

Numbers 13:30-33

But the men who had gone up with him said, "We are not able to go up against the people, for they are stronger than we."

Numbers 13:30-33

And they gave the children of Israel a bad report of the land which they had spied out, saying,

Numbers 13:30-33

"The land through which we have gone as spies is a land that devours its inhabitants, and all the people whom we saw in it are men of great stature.

Numbers 13:30-33

There we saw the giants (the descendants of Anak came from the giants); and we were like grasshoppers in our own sight, and so we were in their sight."

A Life Principle:

Faith in God's promises must outweigh the size of your obstacles.

Three Core Lessons About Overcoming Discouragement:

1. Overcoming Discouragement Requires Adopting a Godly Perspective.

2. Overcoming Discouragement Requires Perseverance.

Perseverance is "continued effort to do or achieve something despite difficulties, failure, or opposition."
Merriam-Webster

"Perseverance is the ability to bear up under weariness, strain, and persecution when doing the work of the Lord."

Two things when Persevering:

1. God doesn't test you to break you. He tests you to build you.
2. Every delay has a design. Every "no" is redirecting you to a "better yes."

3. Overcoming Discouragement Requires Boldness.

Faith doesn’t shrink back with age.

Boldness is the courage to act or speak fearlessly, despite real or imagined dangers.

Five Ways to Pass the Discouragement Test:

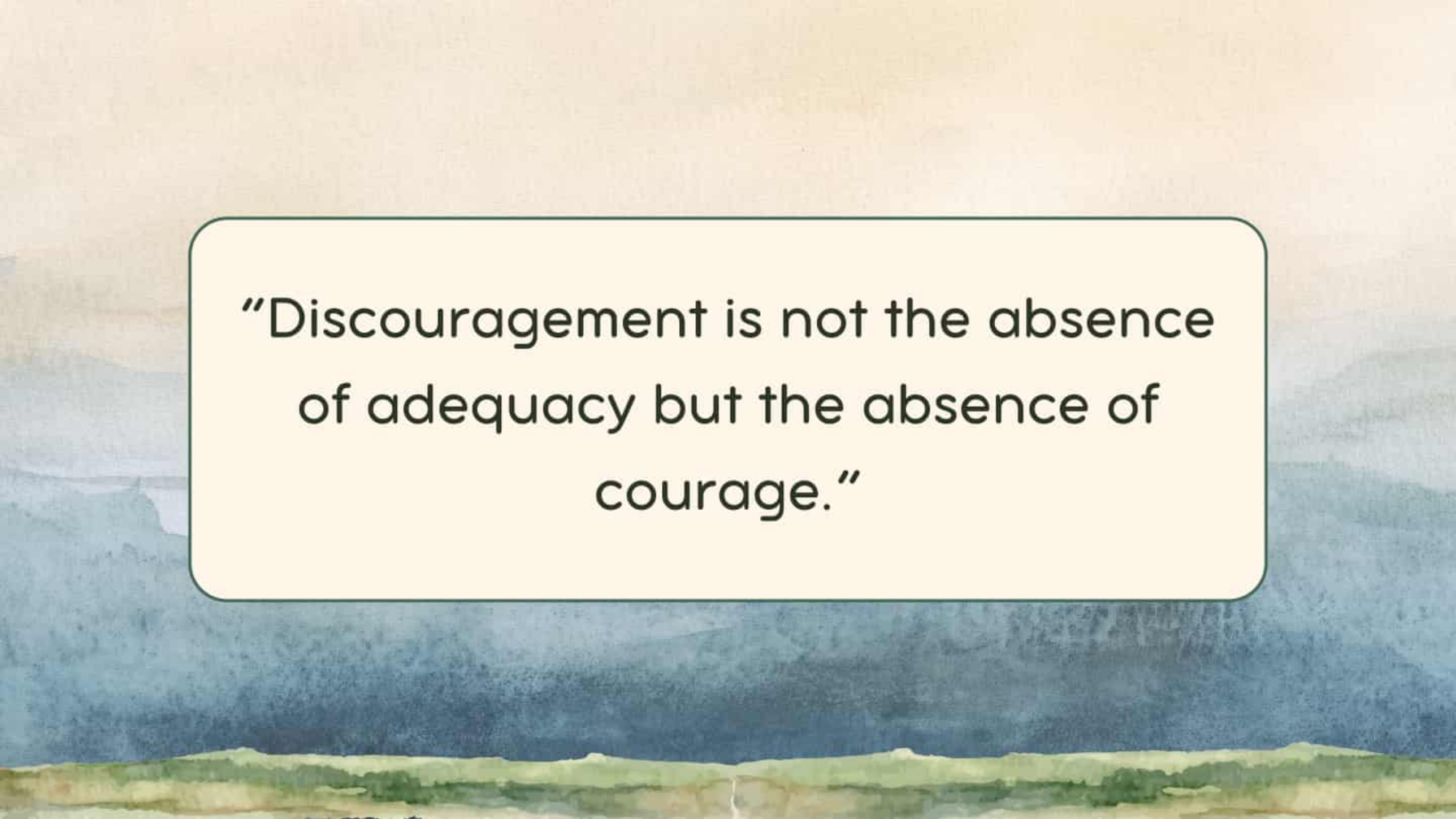
1. Refocus your vision.

2. Feed your faith, not your fear.

3. Rest don’t quit.

4. Surround yourself with believers.

5. Keep sowing in silence.


"Discouragement is not the absence of adequacy but the absence of courage."