

## *Let's talk about: Understanding and Overcoming Discouragement.*

*Dr. Mike, we have to talk! I am in the ministry. I hear others talking about the joy of serving Jesus, but I don't have it. I am feeling more and more discouraged. In fact, I am at the point of simply feeling overwhelmed. I know you won't use my name, but I need help dear friend.*

You are not alone. In this video I certainly cannot fully address every issue of discouragement. But it important to remember several things.

### **What is it?**

1. \_\_\_\_\_ It might be a good idea to get a physical with your Primary Care Physician. If there is not a medical condition that is contributing to it, then sometimes it is caused by the following situations.

- When the way is hard- Numbers 21:4
- Work is too heavy-Numbers11:10-15
- After successful ministry -1 Kings 19:4
- After serious sickness -Isa 38:9-20
- When Satan knows we are low- Ephesians 6:11 (wiles); 6:16 (fiery darts)

2. \_\_\_\_\_  
(1 Kings 19)

- Removed him from the people who needed him (19:4a)
- Removed him from the effectiveness he once had in ministry (19:4b)
- Removed him from the evident love and concern for others that he once had (19:4c)
- Removed him from the victorious pattern he once had (19:4d)

**Stop the video.** Read the following verses and write what these are saying to you.

Read 1 Kings 19:9-13. What is the question that God twice asked Elijah?

Why is this question important, and how does this question speak to you?

What is the promise of Psalm 55:22?

Why is it that we are invited to shift our heavy load over to the Lord?

Do you know the source of your discouragement, and have you given it to the Lord?

3. \_\_\_\_\_ This is not a list of quick fixes, but these do help! (Take time to also visit [www.michaelpeck.org/Pastor/Pastoral Counseling/Take Care of Yourself and the Ministry](http://www.michaelpeck.org/Pastor/Pastoral%20Counseling/Take%20Care%20of%20Yourself%20and%20the%20Ministry))

- Picture the Shepherd's Hands Jn 10:28
- Schedule time for friends and fun 1 Jn 1:7
- Learn to forgive Eph 4:30-32
- Memorize God's Word Ps 119:9, 105
- Guard your thoughts Rom 12:1-2
- Listen to Godly music Col 3:16
- Learn to consistently praise Him Ps 108:1
- Focus on God's blessings Ps 111:1-4
- Confess known sin 1 Jn 1:9
- Commit self to living Biblically Mt 7:24-29
- Cling to these verses, Psalm 61:1-3

Every Christian must be alert to the danger of becoming so busy that these necessary things are neglected. Commit yourself to these safeguards.