

Overcoming the Problem of Discouragement

1 Kings 18-19

Three facts about discouragement

1. _____ people battle discouragement. 18:46
2. Discouragement can come at the _____ times.
18:36-19:4
3. Discouragement can be _____. 19:1-7

Three characteristics of discouragement

1. The loss of _____ – 19:3a
2. Withdrawing from _____ – 19:3-4
3. A feeling of worthlessness – 19:4

Four causes of discouragement

1. _____ – 19:1-2
 - *“Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.” Proverbs 18:21*
2. _____ – 19:3
 - *“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” 2 Timothy 1:7*
3. _____ – 19:5-7
4. _____ – 19:10

Four principles to prevent discouragement

1. Maintain a proper _____ in your life.
2. Take care of your _____. 19:5-6
 - *“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.” 1 Corinthians 6:19-20*
3. Stay others-centered, not _____-centered. 19:10
4. Maintain an attitude of _____ on God. 19:7

Four things to remember when you are battling discouragement

1. God has not _____ you. 19:5, 9, 13
2. God _____. 19:5-18
3. God can still use you to win mighty victories in the _____.
2 Kings 1
4. Allow God to use _____ to encourage you. 19:19-21