

“How to Overcome Our Times of Discouragement” 10/07/18

Psalm 13:1-6

Studies in the Psalms- Finding Comfort for Life

LESSON 1- We overcome discouragement by being honest in our CRY

- A. Our cry to the Lord should reflect an honest OPENNESS
(Rev 6:10; **Num 6:23-27**; Ps 80:3, 7, 19; Dt 31:17; Job 1:21; 2:10; 13:24)
- B. Our cry to the Lord should acknowledge our focus on EMOTIONS
(Jer 17:9; 1 John 3:20; physical affects; temperament-self-pity; Gen 42:36)

***Going** God wants us to interact with our emotions and be drawn to Him!
Deeper*

LESSON 2- We overcome discouragement by moving towards COMMUNION

- A. The communion we have with God hinges on actual PRAYER
(We seek the Lord’s face, answers, and enlightenment!)
- B. The communion we have with God seeks God’s GLORY
(Our spiritual enemy seeks to triumph over us- 1 Peter 5:8; Matt 5:16)

***Going** God wants us to seek Him in prayer looking for His guidance!
Deeper*

*Trust in the LORD with all your heart, and do not rely on your own understanding (insight). Acknowledge him in all your ways, and he will make your paths straight.
(Proverbs 3:5-6)*

LESSON 3- We overcome discouragement by verbally expressing CONFIDENCE

- A. Our confidence in the Lord begins by reasserting our TRUST
(We have trusted before, we can trust again! He is faithful, 1 Cor 1:9)
- B. Our confidence is rooted in the past and looks joyfully to the FUTURE
(Jesus calls us to “remember”- Mark 8:18; John 15:20; Romans 8:31-39)

***Going** God wants us to strengthen ourselves in our confidence in His faithfulness!
Deeper*

Our Vision- Striving to be Disciples who make Disciples