

Discouragement

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I. Introduction.

A. The best way to keep well is through prevention.

B. Text: Luke 9:23.

C. Jesus has no favorites - establishment in Christ and growth in Him is individual. (John 3:16, 3:18, 3:36)

II. If anyone will come after Christ there has to be a desire or will. (John 7:17, John 6:44)

A. We are not to be concerned with giving up things, but self.

B. There is much vanity in man. (Proverbs 16:2, Genesis 6:5, Jeremiah 17:9)

III. We are to take up our cross and follow Jesus.

A. The cross is a place of execution. A cross is not necessarily burdensome, but it is a means by which a person can kill the self-life. (Matthew 7:11)

B. Practically we follow Jesus by imitating Him.

C. We must trust Him. (Proverbs 3:5-6)

IV. Discouragement comes in when we are not denying what we want.

A. A healthy man is responsible for himself in all areas of life.

B. We ought not to dwell on our failures when God has forgotten them.

C. It helps to change your physical environment when struggling with discouragement.

D. Everything you do, you should do for the glory of the Lord. (1 Corinthians 10:31-32, Colossians 3:17, 3:23)

E. The problem is the flesh. (2 Corinthians 6:12)

1. There is a literal Devil working today. (2 Corinthians)

2. However, most of the speaker's battles are against the self.

F. Causes of depression.

1. Sin causes discouragement. Confidence keeps you from being nervous. (1 John 3:20-22)

2. Physical problems could cause depression.

G. It is good to seek advice.

H. Tips.

1. Get a good night's rest.

2. Think through when you have seen a doctor last.

3. Think through sin.

4. Change your environment.

5. Seek God for an answer.

Application questions

1. How can discouragement be related to sin?

2. Which two tips for dealing with depression stand out to you? Explain.

3. How would you counsel someone dealing with depression and what Scripture might you use?
