

OVERCOMING HEART PROBLEMS

Based on a study by Wendell Winkler

Lesson 11 - Overcoming Discouragement and Frustration

Intro: The best of people will become discouraged and frustrated. You cannot live on the mountain top all the time.

There are too many valleys in life. What is Jesus saying to you about discouragement in these verses?

Matt.14:27

Matt.9:22

Mark 10:46-52

John 16:33

1. Biblical Characters That Became Discouraged

Why did the following become discouraged?

Elijah (1 Kings 19:1-18)

David (Psa.140:1-5, 142:1-3a,)

How did David overcome his discouragement? (Psa.142:5-7, 143:1-2,5-6,10, 144:1-2)

John the Baptist (Matt.11:2-6)

2. Some Causes and Helps for Discouragement:

- Discouragement for illness: Do not become B_____, instead resolve to be P____ENT, and P_____ (2 Cor.12:9-10) and ask O_____ to pray for you (James 5:13-15).
- Discouragement at death of loved ones: Remember that we serve the God of C_____ (2 Cor.1:3-5, Psa.147:3). God does this through His W_____ (1 Thess.4:18), through His

P_____ (Ro.12:15), through P_____ (1 Pet.5:7), and through the hope of the
R_____ (1 Thess.4:13-18).

- Discouragement because of material losses: What did Job say about this? (Job.1:20-21)

What did Paul say about this in 1 Tim.6:6-7?

What did the Hebrews writer in Heb.13:5 and Jesus in Matt.6:31-33 have to say about this?

- Discouragement because of a sense of insecurity: Remember that God has always P_____ (Psa.37:25, 84:11)! What instances can you think of where God has taken care of His children?

3. Ways to Help Us Overcome Discouragement:

- Get U_____, get O_____, and go D_____ something for someone else!
- (2 Pet.3:1-13, Isa.40:28-31) Remember that things are always as B_____ as the
P_____ of God!
- Remember that beneath your burdens and causes of discouragements, there are B_____!
(Think about the empty tomb, hurricanes/moisture, Paul & Silas (Acts 15:33ff, Unrest/Awareness))
- Use your burdens and causes of discouragements as B_____.(2 Cor.4:16-18, Phil.1:12-13)
- Don't forget to get your R_____! (Mark 6:31)
- Remember the fact that you are of V_____ (consider the price paid for you)!
- Remember the fact that you are N_____ by someone and are never A_____!

Next Week: Overcoming Impatience (I can't wait for this one!)