Welcome all and online

Thank you to all who helped provide meals for Ken this past week

Recognition to Luis and Bones

Bodie Testimony

Prayer – Liz Plank / Lynn & Howard Mutton / Patricias brother, Renee / Ken / Terrie / Big E

Encouragement for Your Discouragement

2 Corinthians 4:8-9, Psalm 34:18, Romans 15:4

7/27/25

**Have you ever had a season where everything just felt heavy?** I mean really heavy — not just physically, but emotionally, mentally, spiritually. A weight on your chest that doesn’t go away when you sleep, a cloud that follows you even when the sun is shining.

* Maybe it was after you lost a job
* Lost someone you loved
* Maybe it was after you failed at something you really cared about
* Maybe a relationship seems hopeless
* Or maybe it wasn’t anything dramatic at all. Maybe it was just life — the slow grind of too many responsibilities, not enough time, and what feels like no margin to breathe.

Truth is, sometimes in those moments... **getting out of bed** feels like a victory. You brushed your teeth — barely. You showed up — just barely. And honestly, that was enough. You are surviving but not thriving.

If that's you, I want to pause here and say:

* **You’re not alone**
* **You're not broken.**
* **You're not crazy.**
* **You're not weak.**

**You're human. And you're in good company.**

Discouragement isn’t something we choose — it often just shows up, uninvited. It comes when life feels unfair, when dreams are delayed, things don’t work out as we think, or when prayers seem unanswered. The Bible doesn’t shy away from this reality either. In fact, what we’ll see today is some of the most powerful men and women of God wrestled with seasons of deep discouragement...And yet — God met them in their discouragement!

So, if you're in that place — where everything feels heavy, where joy feels distant — this message is for you. God sees you. God is with you. And God wants to lift that burden — not always by changing your situation immediately, but by **meeting you in it** and giving you strength for the next step.

This morning, I want to speak hope into your heaviness. This is not a motivational message — it’s an invitation to *God’s truth* for discouraged hearts that I pray you’ll receive today! Hear Gods heart today in order to find hope, healing, and encouragement — even in the middle of your discouragement.

**2 Corinthians 4:8-9**

***8 We are pressed on every side by troubles, but we are not crushed. We are perplexed but not driven to despair. 9 We are hunted down but never abandoned by God. We get knocked down, but we are not destroyed.***

**1. Understanding Discouragement**

Discouragement is more than just feeling down or disappointed. It’s a loss of confidence or enthusiasm, often resulting from unmet expectations, ongoing struggles, or spiritual fatigue. It can feel like a heavy cloud that dims our hope and drains our motivation. But here's the truth: even faithful Christian’s experience discouragement.

**A. Discouragement is Normal — Even for the Strong**

* **Elijah**, after calling down fire from heaven, ran into the wilderness and told God, "I’ve had enough. Take my life."(1 Kings 19:4)
* **David** often cried out, “Why are you downcast, O my soul? Why so disturbed within me?” (Psalm 42:5)
* **Job**, who lost everything, sat in silence for days, scraping his wounds, wondering why he was even born (Job 3:11).
* Paul (2 Corinthians 1:8): Described being “so utterly burdened beyond our strength that we despaired of life itself.”
* Even Jesus in the Garden of Gethsemane felt the crushing weight of sorrow.

These examples remind us: Being discouraged does not mean we lack faith or we’re weak. It means we are human — and in need of God’s presence, strength, and truth.

**B. Recognize the Triggers**

Some triggers include:

* Unmet expectations
* Constant comparison
* Prolonged stress
* Personal failure
* Feeling unseen or unsupported

And don’t forget: **Discouragement is also spiritual.** The enemy loves to whisper lies in the dark: *“You’re alone.”* *“You’re a failure.”* or *“It’s always going to be this way.”* But he is a liar. And today we expose the lie with truth.

**2. Finding Encouragement in Scripture**

As we’ve already agreed to, discouragement is real — but so is the hope and strength we find in God’s Word. The Bible isn’t just a book of rules or history — it is a living, God-breathed source of comfort, guidance, and encouragement for every situation we face.

The Word of God actually speaks to every emotion! Scripture is incredibly honest about the human experience — joy, sorrow, fear, hope, doubt, failure, and victory. That’s because God meets us right where we are, not where we pretend to be.

**A. Biblical Examples of Overcoming**

* **Joseph** — betrayed, imprisoned, forgotten… but God was working in the waiting.
* **Nehemiah** — faced opposition and exhaustion while rebuilding yet found strength through prayer and purpose.
* **Jesus** — faced rejection, betrayal, and death — yet endured for the joy set before Him.

**Romans 15:4**

***Such things were written in the Scriptures long ago to teach us. And the Scriptures give us hope and encouragement as we wait patiently for God’s promises to be fulfilled.***

**B. Promises from God**

* Isaiah 41:10 – “Fear not, for I am with you... I will strengthen you and help you.”
* Psalm 34:18 – “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”
* John 16:33 – “In this world you will have trouble. But take heart! I have overcome the world.”

**God never promises a life free of trouble — but He promises *His presence* in the midst of it**.

**C. The Power of Prayer**

Discouragement doesn’t need polished prayers — it needs *honest ones*. Jesus prayed, *“My soul is overwhelmed with sorrow…”* (Matthew 26:38) Talk to God like you would to a trusted friend. Cry out. Be vulnerable. He is listening.

**3. Practical Steps for Overcoming Discouragement**

**Example: David – Ziglag (1 Samuel 30)**

1 Samuel 30:6 (NLT):

“David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But David found strength in the Lord his God.”

This verse is a profound reminder that even leaders—even those after God’s own heart—face moments of extreme pressure, isolation, and discouragement. David had lost just as much as the men he was leading, yet in the midst of pain, rejection, and potential betrayal, he made a decision: not to run, not to retaliate, not to wallow—but to find strength in the Lord his God.

The Bible doesn’t tell how he did it, but we can look at scripture to get an idea of these steps.

**A. Express Gratitude**

1 Thessalonians 5:18 – “Give thanks in all circumstances…”

Gratitude rewires your perspective. Even in the dark, find something to thank Him for — breath, friends, His promises.

**B. Seek Encouragement**

Don’t isolate. Reach out to those who will pray with you, listen without judging, and speak truth.

**C. Remember Past Victories**

You’ve been here before. And you made it.

*“Bless the Lord, O my soul, and forget not all His benefits.”* (Psalm 103:2)

**D. Focus on What You Can Control**

Not everything is fixable today. But what can you do?

* Worship
* Rest
* Encourage someone else
* Choose truth over lies

**E. Serve Someone Else**

**Proverbs 11:25** – “Whoever refreshes others will be refreshed.”

Sometimes helping someone else find hope is the very path to rediscovering your own.

**F. Take Care of Yourself**

God made you body, soul, and spirit.

Eat well. Rest. Laugh. Go outside. These are not indulgent — they’re part of healing.

**G. Fight the Battle in Your Mind**

**2 Corinthians 10:5** – “Take captive every thought to make it obedient to Christ.”

You don’t have to believe every thought that crosses your mind. Compare it to God's Word.

These steps are of a divine pattern:

 • When others crumble, God’s people cling.

 • When your support fails, God sustains.

 • When your heart is breaking, He becomes your strength.

This is an anchor for anyone feeling overwhelmed and discouraged today—you can find strength not in circumstances, not in people, but in the Lord your God.

**4. Be an Encourager Yourself**

One of the most powerful ways to overcome discouragement is to *become an encourager* yourself.

* *Hebrews 10:24-25*

*24 Let us think of ways to motivate one another to acts of love and good works. 25 And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.*

Encouragement costs nothing, but it can change everything for someone else.

**Speak life. Offer a hand. Be a reminder that hope is alive.**

**Closing:**

To those who are discouraged, if what we looked at so far hasn’t encouraged you, let me send you off with this last bit of encouragement...**Hope Has a Name!**

Friend, I don’t know what has discouraged you, but I know *Who* wants to encourage you. His name is Jesus!

* He knows what it means to suffer.
* He knows what it feels like to be abandoned.
* But He also knows how to bring dead things back to life.

**You may be hard-pressed this morning — but God’s Word says you’re not crushed.
You may be confused — but Gods Word says you're not abandoned.
You may be discouraged — but God Word says you’re not done.**

You see, the answer to your discouragement today is in Jesus and the Word of God! When Jesus was tempted in the wilderness, He didn’t argue or panic — He quoted Scripture. That’s how powerful the Word is — it silences lies, strengthens weak hearts, and lifts discouraged souls.

You may say, ok Shawn, How do I find encouragement in the Bible?

* Start in the Psalms – They’re honest, emotional, and uplifting.
* Use a promise book or devotional – Find verses based on your need (peace, courage, comfort, etc.).
* Write down verses that speak to you – Post them where you’ll see them daily.
* Pray Scripture back to God – Turn His Word into your prayer language.
* Read with a friend or group – God often encourages us through each other.

The Bible is not just a **book to study—it’s a voice that speaks**. It’s truly the very Word of God, alive and active, able to cut through confusion, despair, and discouragement with truth, love, and purpose.

So, **when you feel discouraged**, don’t just close your heart — **open the Word** **and let Him encourage you** like nothing in this world can!

**It’s in Him you’ll find encouragement for today and strength for tomorrow!**

Altar Call

Jesus says, “Come to me, all who are weary and burdened,” Jesus says, “and I will give you rest.” (Matthew 11:28)

Ask:

* Where are you feeling discouraged?
* What lie have you believed?
* Who do you need to encourage this week?