

Destroy Discouragement

Text: Text: Hebrews 12:1 *Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset [us] ²**Looking unto Jesus the author and finisher of our faith;** who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. ³For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.*

Introduction: During the holiday season and other times when expectations of happiness are the norm, many succumb to disappointments, discouragement, or depression. Vices can easily take hold like alcohol, drug abuse, gambling, retail therapy and the like. For some the pain seems intensified and appears to be never ending.

Today, we will identify several causes of discouragement and destroy both the cause and effect.

We must act upon God's Word to destroy discouragement!

1. Stop looking at your circumstances

2. Grab onto Hope

1. Stop looking at your circumstances; fix your eyes on Jesus.

A. When you make it light and it will lift off of you!

2 Cor 4:13 *We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak;* ¹⁴ *Knowing that he which raised up the Lord Jesus shall raise up us also by Jesus, and shall present [us] with you.* ¹⁵ **For all things [are] for your sakes, that the abundant grace might through the thanksgiving of many redound to the glory of God.** ¹⁶ **For which cause we faint not; but though our outward man perish, yet the inward [man] is renewed day by day.** ¹⁷ **For our light affliction, which is but for a moment, worketh for us a far more exceeding [and] eternal weight of glory;** ¹⁸ **While we look not at the things which are seen, but at the things which are not seen: for the things which are seen [are] temporal; but the things which are not seen [are] eternal**

B. The enemy sets us up by changing times and spiritual laws to wear you out!

Dan 7:25 *And he shall speak [great] words against the most High, and shall wear out the saints of the most High, and think to change times and laws*

Rom 8:1 *There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.* ² **For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.**

2 Cor 4:13 *We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak;*

- **God gave us His faith as an anchor in life to be believed and spoken!**

Rom 10:6 *But the righteousness which is of faith speaketh on this wise, --- The word is nigh thee, even in thy mouth, and in thy heart: that is, the word of faith, which we preach;* ⁹ *That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.* ¹⁰ **For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.** ¹¹ *For the scripture saith, Whosoever believeth on him shall not be ashamed.*

- **Don't say what comes to your mind**

Matt 6:31 *Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? ³² (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. ³³ But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. ³⁴ Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day [is] the evil thereof.*

C. Receiving is the key to having everything from God.

Phil 4:6 *Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. ⁷And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*

Mark 11:24 *Therefore I say unto you, **What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.***

1 John 3:21 *Beloved, if our heart condemn us not, then have we confidence toward God. ²²**And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight.***

2. Grab onto Hope

Heb 6:18 *That by two immutable things, in which it was impossible for God to lie, we might have a strong consolation, **who have fled for refuge to lay hold upon the hope set before us:** ¹⁹Which hope we have as an anchor of the soul, both sure and stedfast, and which entereth into that within the veil;*

Prov 13:12 *Hope deferred maketh the heart sick: but when the desire cometh, it is a tree of life.*

A. You are born-again to His living Hope!

1 Pet 1:3 *Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant **mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead,** ⁴To an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven for you, ⁵Who are kept by the power of God through faith unto salvation ready to be revealed in the last time.*

Rom 15:13 *Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.*

B. Get up and get back in the race

Heb 12:1 *Wherefore seeing we also are compassed about with so great a cloud of witnesses. let us lay aside every weight, and the sin which doth so easily beset [us], and let us run with patience the race that is set before us, ² Looking unto Jesus the author and finisher of [our] faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. ³ For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.*

--V ¹² *Wherefore lift up the hands which hang down, and the feeble knees; ¹³And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed. ¹⁴ Follow peace with all [men], and holiness, without which no man shall see the Lord: ¹⁵ Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble [you], and thereby many be defiled;*

Worship God with your first-fruits, tithes, offerings and sacrifices.

Phil 4:16 *For even in Thessalonica ye sent once and again unto my necessity. ¹⁷**Not because I desire a gift: but I desire fruit that may abound to your account.** ¹⁸ But I have all, and abound: I am full, having received of Epaphroditus the things which were sent from you, an odour of a sweet smell, a sacrifice acceptable, wellpleasing to God. ¹⁹ **But my God shall supply all your need according to his riches in glory by Christ Jesus.** ²⁰ **Now unto God and our Father be glory for ever and ever. Amen.***

How to Destroy Discouragement

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