

Dealing with Discouragement

⁴¹ As he approached Jerusalem and saw the city, he wept over it ⁴² and said, “If you, even you, had only known on this day what would bring you peace—but now it is hidden from your eyes. - Luke 19: 41 – 42

Many Bible characters, at one time or another, experienced great discouragement.

- **Job** “My days are swifter than a weaver’s shuttle and are spent without hope”
- **Moses** “O Lord why have you afflicted me? I am not able to bare these people. They are too heavy for me.”
- **Jesus** “O Jerusalem, would that even today you knew the things which make for peace, but they are hid from your eyes.”

1. TAKE A **SHORT** LOOK AT THE **PROBLEM**.

“As one thinks in his heart so one is”

Take a **short** look for two reasons; **1)** To acknowledge that it’s **there** and that it’s **real**. **2)** To see if we have caused or contributed to the situation that has caused our discouragement. Many times we are **not** the cause of our discouragement.

When things don’t go exactly as you planned – the way they’re supposed to... Don’t **dwell on it**.

2. TAKE A **NARROW** LOOK AT **YOURSELF**.

Take an inventory. Remind yourself of your **assets**.

David “*encouraged himself in the Lord his God*”

3. TAKE A **LONG** LOOK AT **GOD**.

Taking a long look at God = **Worship.**

“Turn your eyes upon Jesus, look full in His wonderful face and the things of this world grow strangely dim in the light of His glory and grace.”

One –Short look at problem; Two – Narrow look at yourself; Three – Long look at God

4. TAKE A WIDE LOOK AT THE POSSIBILITIES.

There are **dividends** you can find in discouragement.