

Title: Dealing with Discouragement

Text: Luke 19:41 – 42

Topic: Depression

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Time: 11/8/09

File Under: Christian Living

Bible characters that experienced discouragement:

- **Job**
- **Moses**
- **Jesus**

Steps to take to deal with discouragement:

I. TAKE A SHORT LOOK AT THE PROBLEM.

To acknowledge that it's **real**.

Many times we are **not** the cause of our discouragement.

When things don't go exactly as you planned –Don't **dwell on it**.

II. TAKE A NARROW LOOK AT YOURSELF.

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

III. TAKE A LONG LOOK AT GOD.

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

IV. TAKE A WIDE LOOK AT THE POSSIBILITIES.

Dividends can come from our discouragement.