

# Encouragement.

Session 1:

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28 NIV 84*

## Characteristics of Discouragement

### 1. An overwhelming desire to run.

*Elijah was afraid and ran for his life. 1 Kings 19:3*

### 2. Fear is stronger than your faith.

*Elijah was afraid and ran for his life. 1 Kings 19:3*

### 3. Isolation occurs.

*When he came to Beersheba in Judah, he left his servant there,  
1 Kings 19:3b*

*He traveled forty days and forty nights until he reached Horeb, the  
mountain of God. 1 Kings 19:8b*

### 4. Energy is expended on things that are non-productive.

*While he himself went a day's journey into the desert. 1 Kings 19:4*

*There he went into a cave and spent the night. And the word of the  
Lord came to him: "What are you doing here, Elijah?"  
1 Kings 19:9*

### 5. When time is spent with God – time in God's presence – all focus is on self.

*He replied, "I have been very zealous for the Lord God Almighty.  
1 Kings 19:10a*

*He replied, "I have been very zealous for the Lord God Almighty. 1 Kings 19:14a*

**6. In prayer the situation is exaggerated, and other people are placed in negative light. Prayer becomes a complaint session.**

*He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." 1 Kings 19:10*

*He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." 1 Kings 19:14*

**7. The move of God is missed as focus is on the negative.**

He misses provision

*He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you. "So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. 1 Kings 19:6-8*

He misses the power of God

*The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake.*

*After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?" 1 Kings 19:11-13*

## **8. There is an overwhelming desire to quit.**

*While he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." 1 Kings 19:4*

*The Lord said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha, son of Shaphat from Abel Meholah to succeed you as prophet. 1 Kings 19:15-16*

God's remedy?

Eat

Rest

Do ministry!

Session 2

*All things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28 NIV 84*

*And David was greatly distressed; for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but **David encouraged himself** in the LORD his God. 1 Samuel 30:6 (KJV)*

*When David and his men came to Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive 1 Samuel 30:3 (NIV84)*

So what does David do? ***HE ENCOURAGES HIMSELF***

1. David walks into a scene where everything that is valuable has been destroyed.

*David and his men reached Ziklag on the third day. Now the Amalekites had raided the Negev and Ziklag. They had attacked Ziklag and burned it, and had taken captive the women and all who were in it, both young and old. They killed none of them, but carried them off as they went on their way. 1 Samuel 30:1-2*

2. Those who mattered most were gone – taken by the enemy.

*When David and his men came to Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. 1 Samuel 30:3*

3. David and his men wept until they had no more ability to cry

*So David and his men wept aloud until they had no strength left to weep. 1 Samuel 30:4*

4. His men turn on him and his leadership – they talk of killing him.

*David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the Lord his God. 1 Samuel 30:6*

5. David is distressed

*David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and*

*daughters. But David found strength in the Lord his God.*  
1 Samuel 30:6

*but **David encouraged himself** in the LORD his God.*  
1 Samuel 30:6 (KJV)

## **How can you encourage yourself?**

Let's look at this story again for our example...

*So David and his men wept aloud until they had no strength left to weep.* 1 Samuel 30:4

### **1. Allow yourself time to weep**

### **2. Know where to look for help**

*But David strengthened himself in the Lord his God.* 1 Sam 30:6 (NKJV)

*I lift up my eyes to the hills — where does my help come from? 2 My help comes from the Lord, the Maker of heaven and earth.*  
Ps 121:1-2 (NIV84)

### **3. Put your Focus back on God**

*Then David said to Abiathar the priest, the son of Ahimelech, "Bring me the ephod." Abiathar brought it to him, 8 and David inquired of the Lord,* 1 Sam 30:7-8 (NIV84)

*Oh, magnify the Lord with me, And let us exalt His name together.*  
Ps 34:3(NKJV)

**Magnify:** to enlarge or make bigger in perspective.

***When you make God bigger, you make your troubles smaller!***

#### **4. Let the Word of God give you direction**

*So David inquired of the Lord, saying, "Shall I pursue this troop? Shall I overtake them?" And He answered him, "Pursue, for you shall surely overtake them and without fail recover all." So David went, he and the six hundred men who were with him,*

*So David recovered all that the Amalekites had carried away, and David rescued his two wives. And nothing of theirs was lacking, either small or great, sons or daughters, spoil or anything which they had taken from them; David recovered all. 1 Sam 30:7-9 / 18-19 (NKJV)*

*Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'" Matt 4:4 (NIV84)*

*David fought them from dusk until the evening of the next day, and none of them got away, except four hundred young men who rode off on camels and fled. David recovered everything the Amalekites had taken, including his two wives. Nothing was missing: young or old, boy or girl, plunder or anything else they had taken. David brought everything back. He took all the flocks and herds, and his men drove them ahead of the other livestock, saying, "This is David's plunder." 1 Sam 30:17-20 NIV 84*

Encouraged leaders cannot be stopped. ***What / who will impact you around you – simply because you are encouraged?!***

Session 3:

Nehemiah 4:7-12 (NKJV)

*Now it happened, when Sanballat, Tobiah, the Arabs, the Ammonites, and the Ashdodites heard that the walls of Jerusalem were being restored and the gaps were beginning to be closed, that they became very angry, and all of them conspired together to come and attack Jerusalem and create confusion. Nevertheless we made our prayer to our God, and because of them we set a*

*watch against them day and night. Then Judah said, "The strength of the laborers is failing, and there is so much rubbish that we are not able to build the wall." And our adversaries said, "They will neither know nor see anything, till we come into their midst and kill them and cause the work to cease." So it was, when the Jews who dwelt near them came, that they told us ten times, "From whatever place you turn, they will be upon us."*

## **These four things are the causes of discouragement.**

### **1. FATIGUE**

*Then Judah said, "The strength of the laborers is failing, and there is so much rubbish that we are not able to build the wall."*

Nehemiah 4:10 (NKJV)

### **2. FRUSTRATION –**

*Then Judah said, "The strength of the laborers is failing, and there is so much rubbish that we are not able to build the wall."*

Nehemiah 4:10 (NKJV)

*"there was so much rubble"* Nehemiah 4:10 (NIV 84)

### **3. FAILURE**

*Then Judah said, "The strength of the laborers is failing, and there is so much rubbish that we are not able to build the wall."*

Nehemiah 4:10 (NKJV)

*we cannot rebuild the wall"* Nehemiah 4:10 (NIV 84)

### **4. FEAR**

*And our adversaries said, "They will neither know nor see anything, till we come into their midst and kill them and cause the work to cease."*

Nehemiah 4:11 (NKJV)

*So it was, when the Jews who dwelt near them came, that they told us ten times, "From whatever place you turn, they will be upon us."*  
Nehemiah 4:12 (NKJV)

## THE **CURES** FOR DISCOURAGEMENT

- **Restore your body**

*It is vain for you to rise up early, To sit up late, To eat the bread of sorrows; For so He gives His beloved sleep. Psalm 127:2 (NKJV)*

- **Reorganize your life**

*Therefore I positioned men behind the lower parts of the wall, at the openings; and I set the people according to their families, with their swords, their spears, and their bows. Nehemiah 4:13 (NKJV)*

- **Remember the Lord**

*And I looked, and arose and said to the nobles, to the leaders, and to the rest of the people, "Do not be afraid of them. **Remember the Lord, great and awesome, and fight for your brethren, your sons, your daughters, your wives, and your houses.**" Nehemiah 4:14 (NKJV)*

Remember three things about the Lord

1. His goodness in the past.
2. Remember Gods presence in the present time.
3. Remember his power will help in the future.

### **Resist Discouragement**

*And I looked, and arose and said to the nobles, to the leaders, and to the rest of the people, "Do not be afraid of them. **Remember the Lord, great and awesome, and fight for your brethren, your sons, your daughters, your wives, and your houses.**" Nehemiah 4:14 (NKJV)*