

Dealing with Discouragement

By John Miller

It is easier to give in than to fight the temptation, yet nothing is worth having if you don't work for it. The devil wants you out of the church and wants to make you less committed. If the devil cannot get you involved in sin, he will try to destroy you through discouragement.

It is not unusual for a Christian to be discouraged. It is not reasonable to think that everything is going to turn out right, all the time. The strongest Christian will have disappointments. While they may not let you know their discouragements are nonetheless real.

Discouragements may arise in the home, at school, work, and even among friends. As Christians we are not immune from any of the financial, family or career problems. Christian couples will have problems and even our closest relatives don't always act like we may want them to.

Discouragements may be related to our service to Christ. We get disappointed not being able to understand, or not growing as fast as we expect. It may happen that you worked and prayed to win someone over but it appears your efforts have failed. This kind of discouragement is also used by Satan to tempt you to give up.

God has not given up on you, so don't give up on Him. There are promises in the Bible to help us overcome discouragement. Below these passages are listed:

Rom 8:28

28 And we know that God causes all things to work together for good to those who love God, to those who are called according to {His} purpose.

This does not say that all that happens will be good, but that God will cause everything to work out for the good.

Phil 4:6-7

6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

“Be careful for nothing”, means that we should not be overcome with anxiety. Rather we should pray about our problems. God will give us peace to carry us through our troubles.

1 Cor. 15:58

58 Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not {in} vain in the Lord.

If we never give up, we can be sure that our efforts are not in vain. \

Gal 6:9

9 Let us not lose heart in doing good, for in due time we will reap if we do not grow weary.

This tells us not to get tired of doing what is right even though it seems hard. We will have real discouragements, but don't give up; God is there and you can reach out to Him.

1 Cor. 10:13

13 No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

Although you may feel your burdens are especially heavy, remember that such things are common to mankind. Others also have burdens. But as Christians we have this precious promise: God will never let any temptation be too much for us to bear.

2 Cor. 7:1

1 Therefore, having these promises, beloved, let us cleanse ourselves from all defilement of flesh and spirit, perfecting holiness in the fear of God.

The wonderful message of these passages is that we should never let ourselves be discouraged to the point that we give up our faithfulness to God. Instead we should do His will and trust Him to get us through it.

When we feel discouraged we need to tell God how we feel. Put your feelings into words. God has us in His plans; do you have Him in yours?