

SERIES: KO

Part 3: Knocking Out Discouragement

Ruth 1:20, “Don’t call me Naomi, call me Mara because the Almighty has made my life very bitter.”

Deuteronomy 1:28, “Where can we go? Our brothers have discouraged us...”

2 Samuel 11:1, “In the spring, at the time when kings go off to war, David sent Joab...but David remained in Jerusalem.”

2 Samuel 11: 2, “One evening David got up from his bed...

Difficulty is inevitable; but discouragement is optional.

Option #1: Fight Back!

Ephesians 6:10-11, “Finally be strong in the Lord and in the power of his might. Put on the armor of God so that you can take your stand against the devil and his schemes.”

- **Belt of truth**
- **Breastplate of righteousness!**
- **Shoes of peace!**
- **Shield of faith!**
- **Helmet of salvation**
- **Sword of the Spirit**

Option #2: Grab Your Oxygen Mask!

1 Samuel 30:6, “David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters.”

V.6, “But David encouraged himself in the Lord his God.”

Romans 15:4, “For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures, we might have hope.”

Option #3: Stop Listening to Yourself and Start Talking to Yourself!

Psalm 42:5, 11; 43:5, “Why are you downcast, O my soul? Why so disturbed within me?”

“Put your hope in God for I will yet praise him, my Savior and my God.”

Jeremiah 29:11, “I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you. Plans to give you hope and a future.”

Option #4: Coach Yourself Towards Resilience!

- **Question #1: What's good about this?**
- **Question #2: What can I learn from this?**
- **Question #3: What can I change to make life better right now?**
- **Question #4: What next step would inspire me right now?**

Option #5: Maintain the Short View While You Take the Long View!

Matthew 6:34, “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Psalm 30:5, “Though weeping may endure for a night, joy is coming in the morning.”

Discussion Guide

Message Conversation Starter

Difficulty is inevitable; but discouragement is optional. Let's be real, this shutdown has been harder on some than others, but it is still difficult for everyone! On a scale of 1-10, with 10 being the highest, how discouraged are you today? What is causing that discouragement?

Finally, be strong in the Lord and in His mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. Ephesians 6:10-11

Small Group Conversation Starter

What do you think God is trying to teach you right now in one of these areas: family, work, personal or spiritual?

Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:34

Family & Individual Conversation Starter

Where have you lost motivation these past 6 weeks? How has it led to discouragement?

Where can we go? Our brothers have made our hearts melt in fear. They say, 'The people are stronger and taller than we are; the cities are large, with walls up to the sky. We even saw the Anakites there.'" Deuteronomy 1:28

What are some fun things you have been doing as a family that have helped fight off discouragement?

For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures, we might have hope. Romans 15:4