

How To Overcome Discouragement (Psalm 118: 5-8)

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1. Today we are talking about overcoming discouragement. Several decades ago we thought that with all the modern conveniences our lives would slow down and there would be increasing time to enjoy life. Have you experienced discouragement? If you have, you are not alone. It is a reality of life that is common to everyone to some degree.
2. I'm grateful that God's Word is conveyed to us with reality. It tells us of great Bible personalities who were also struck by discouragement.
3. These four principles from **Psalm 118** are not 4 easy steps. The whole idea of discouragement is deeper than that.
4. What I would like to do in our study is to look at **Psalm 118** and ask you some questions.

I. In Whom Do You Put Your Ultimate Trust? (Psalm 118: 5) "In my anguish I cried to the Lord,..."

- A "What can man do to me?" was David's cry in **Psalm 56: 11**.
 1. It is our statement of confidence in **Hebrews 13: 6**.
- B The pace of the world is quickened. Some of us get depressed just by looking at the world around us.
- C What does the Bible say about this? **Verse 14** says, "The Lord is my strength and my song; he has become my salvation."

II. To Whom Do You First Look For Help? (Psalm 118: 5) "I cried to the Lord,..."

- A We get the perspective of the past, present and future that all is in the Lord's hands.
- B We look for God with intensity.
- C We are to seek God totally.
- D Our own problem with discouragement is that we try to work things out alone.

III. When Was The Last Time You Counted Your Blessings? (Psalm 118: 6) "The Lord is with me; I will not be afraid."

- A Was the last time you counted your blessings on Thanksgiving Day?
- B Here we learn that we stay focused on kingdom priorities in our discouragement by remembering God's promises.
- C Even though we're not Israel, God has given us similar promises.

IV. Are You Allowing Yourself To Grow Spiritually? (Psalm 118: 8) "It is better to take refuge in the Lord than to trust in man."

- A To overcome the discouragements of life we must be in the presence of God.
- B What a privilege it is to come to God in faith!
- C God has a purpose for the trials that come our way.