

Dealing With Discouragement
Psalm 118:5-6

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1. If you experience discouragement from time to time, you are not alone.
2. What are the causes of discouragement?

I. Question one: In whom do you put your ultimate trust?

- A. Some of us get depressed just by looking at the world around us.
- B. What does the Bible say about this?

II. Question two: To whom do you look for help?

- A. We're fortunate to have many resources to help.
- B. Who we turn to first is the starting place.
 1. **"In my anguish I cried to the Lord," Psalm 118:5**

III. Question three: When was the last time you counted your blessings?

- A. The Bible has much to say about counting our blessings.
 1. **"The Lord is with me..." Psalm 118:6**
 2. **"This is the day the Lord has made; let us rejoice and be glad in it." Psalm 118:24**
 3. **"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7**
 4. **"give thanks in all circumstances, for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18**

IV. Question four: Are you allowing yourself to grow spiritually?

- A. We see in verses 23 and 24, **"The Lord has done this, and it is marvelous in our eyes. This is the day the Lord has made; let us rejoice and be glad in it."**
- B. It is important to grow spiritually in your devotional life.