

Calvary Chapel of El Cajon Women's Bible Studies

Disarming Your Discouragement

Lesson 2

Discouragement. If the enemy can't puff you up with pride, he'll try to dampen your spirit with *discouragement*. Ever feel like giving up, like it's just too hard, like you just can't do it? You are not alone. Yet, it is not God's design for us. He longs to be your Encourager – not with false promises or phrases like “you can do it”. He knows you can't – unless you do it through Him. His answer is not in being the Little Engine Who Could (I think I can, I think I can), but in looking to the God who is able.

DAYS ONE and TWO: Discouragement – It's Common

1. Why am I *discouraged*? Why so sad? These are the questions of the psalmist as recorded in Psalm 42:5. The New King James Version puts it this way: *Why are you cast down, O my soul? And why are you disquieted within me?* Here we have the heart's cry of one of God's children. How would you define *discouragement*?
 - a. Define *discouragement* using a Bible resource or a regular dictionary.
2. What factors/conditions can lead to *discouragement*?
3. How can we recognize *discouragement* in:
others?

ourselves?
4. We have been given the examples of those who have gone before us so that we might learn from them and avoid their pitfalls. Choose two from the following list and share what we can learn about *discouragement* from them. **Challenge:** Do them all. ☺

Cain – Genesis 4:1-15

Hagar - Genesis 21:14-21

Moses when sent on his mission - Exodus 4:1-13; 6:12

Israelites at the Red Sea - Exodus 14:8-18

Moses when the people complained about the manna - Numbers 11:1-15

Elijah - 1 Kings 19:1-10

Job - Job 3:1-26

Jonah - Jonah 4:1-11

The Two men on the road to Emmaus - Luke 24:1-35

Paul - Acts 27:13-26

a. What did you learn about God from these examples?

DAY THREE: Discouragement – Its Culprit

1. When we yield to *discouragement*, it is often because we give too much thought to the past or to the future. How have you discovered this to be true?

a. What does the Bible say about this?

Matthew 6:33,34

Philippians 3:12-14

b. God would not have us be *discouraged* by our past or by what might happen in the future. Therefore, *satan*, the enemy of our souls would have just the opposite for us. He knows that in so doing, we are on the road to *discouragement*. How does knowing this to be a tool of *satan* cause you to resist allowing the events of the past or the possibilities of the future drive you to *discouragement*?

2. It has been said, “*Discouragement* is faith in the devil”. *Discouragement* is believing *satan*. Read Psalm 77:7-9 and record the lies that the psalmist was believing.

a. Describe the psalmist’s agony from verses 1-6.

1.) What was the result of his *complaining*?

3. What are some lies or thoughts you have believed that have led you to *discouragement*?

DAY FOUR: Discouragement – Its Power In The Lives Of Others

1. In addition to exhortations not to be personally *discouraged*, the Bible warns against saying and doing things that might *discourage* others. Read the following Scriptures and record what they say about this:

Deuteronomy 1:28

Numbers 32:7

Joshua 14:8

Colossians 3:21

2. What attitudes or actions could lead to the *discouragement* of others?
3. Because of the words of the spies that scouted the Promised Land, Israel failed to enter in to what God had for them, and wandered in the wilderness for forty years. What can be some of the effects of *discouragement* in the lives of others today?
 - a. Colossians 3:21 teaches that children may become *discouraged* when *provoked*. *Provoke*, as it is used in this verse, means to incite, stir up to anger. This verse applies to both mothers and fathers. What things might a parent do to *provoke* a child to anger?

- 1.) How might this kind of *provoking* lead a child to be *discouraged*?

DAY FIVE: Discouragement – Its Defeat

1. The Psalmist in Psalm 77 (Day Three, Question 2) was certainly *discouraged*. According to verses 10-15, what did he choose to do?
 - a. Read verses 16-20 and describe his change of focus.

2. We began this lesson with a question from Psalm 42:5: *Why am I discouraged?* Look up this verse and record the psalmist's solution to his *discouragement*.
 - a. Define the *hope* that we can have, because of God.

3. According to Psalm 61:2, what had David learned to do when he was *discouraged* (overwhelmed)?
 - a. In a real sense, how do we go to *the Rock* (Jesus)?
 - 1.) What will we find when we go to Him? **Challenge:** Use Scripture to support your answer.

4. What comfort can we find in the following verses?

Psalm 55:22

John 16:33

Romans 8:31-39

1 Thessalonians 5:24

DAY SIX: Review

1. Summarize what you learned in this lesson from:

Days One and Two:

Day Three:

Day Four:

Day Five:

2. Why should we fight *discouragement*?

3. How can we fight *discouragement*?

4. Why do we know we can have victory over *discouragement*?

*The LORD will perfect that which concerns me;
Your mercy, O LORD, endures forever;
Do not forsake the works of Your hands.*

-Psalm 138:8