

# THAT WAS THEN, THIS IS NOW!

## Defeating Discouragement Part 2

1 Kings 19

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### **Bottom Line:**

*As new creations in Christ, believers can face problems with a new perspective and strategy that affirms God's sovereignty!*

**1. Keep moving forward by faith without retreating in fear.**

*1 Kings 19:1-3*

**2. Keep focused on making an impact for Christ without getting out of balance.** *1 Kings 19:3-5*

### The steps to despair:

- Loses biblical perspective (distraction/deception)
- Focuses on problems (disappointment)
- Begins negative self-talk (discontentment)
- Isolates from other believers (dismemberment)
- Feels defeated in the struggle (discouragement)
- Believes there is no hope (despair)

(End of part 1)

**3. Refocus your thinking on the \_\_\_\_\_ of**

*God without falling into \_\_\_\_\_ thinking.*

*1 Kings 19:6-10*

**4. Confront your \_\_\_\_\_ (accurately)**

*without turning away from \_\_\_\_\_.* *1 Kings 19:11-13*

**5. Return to your God-given \_\_\_\_\_ without**

*forgetting what God has \_\_\_\_\_ you.*

*1 Kings 19:15-17*

**6. Reconnect with God's \_\_\_\_\_ without sliding into**

*periodic \_\_\_\_\_.* *1 Kings 19:18*

### Now What?

**1) Remember the importance of having a heart that \_\_\_\_\_ God.** *Psalm 73:15-16; 23-28*

**2) Live a \_\_\_\_\_ of serving and "drawing near" (doing and being)!** *Luke 5:15-16*

**3) Reject paralyzing \_\_\_\_\_ thinking.** *2 Timothy 1:7*

**4) Find \_\_\_\_\_ and \_\_\_\_\_ in values that reflect God's Word.** *2 Corinthians 4:5; 1 Corinthians 9:24*

**5) Identify changes that you can make to develop and strengthen significant \_\_\_\_\_.** *1 Thessalonians 5:11; 1 Corinthians 15:33*

**6) Train yourself to \_\_\_\_\_ (Jesus) even in the midst of your own struggles.** *Philippians 2:1-5*