

ENCOURAGING THE DISCOURAGED

I. ENCOURAGING ONE ANOTHER - Hebrews 3:12-13

- A. This is to happen in and through the church.
- B. This is a command from God.
- C. This is to be a regular and daily duty of the Christian.
- D. Being discouraged means you have an evil and unbelieving heart.
- E. Being discouraged results in a heart that is hardened against God.
- F. You need to be encouraged if you are to encourage others. Being encouraged means loving God, walking with God, having faith, joy, hope and being holy.

II. THE DISCOURAGED PERSON

He is sad, miserable, dejected, depressed, upset, down in the dumps, in a bad mood.

III. SOME REASONS A PERSON MAY BE DISCOURAGED

- A. The person is lonely and doesn't have many real friends. He feels unloved.
- B. The person is grieving, is sad because of the loss of a friend or family member.
- C. The person is going through different trials and struggles.
- D. The person has made mistakes in life, and feels bad and guilty.
- E. The person has worked hard for God, but is not seeing much fruit, and feels worthless, of no value. He feels like giving up, like quitting.
- F. The person feels tired or sick, and physical ailments can affect him spiritually.
- G. The person has put his hope in the people and things of the world, and they have failed him, and this is discouraging and makes him sad.
- H. The person feels disconnected and not close to God, like God is against him.
- I. The person is in sin, and is not obeying God. It may be selfishness, anger, coveting, impurity, etc., or a combination of these things.

IV. YOU NEED TO BE ENCOURAGED TO ENCOURAGE OTHERS

- A. You need to learn how to encourage yourself in the Lord, to keep yourself in the love of God. 1 Samuel 30:6
- B. You need to know how to examine yourself, to recognize your own spiritual condition, to find out the underlying reason for your discouragement. You need to ask God to help you know why you are discouraged. Psalm 42:5
- C. If you know the root cause for your discouragement, then you don't want to rely on fleshly and worldly solutions. Food, relationships, television, pills, work

D. If you know the root cause for your discouragement, you need to seek God, to believe in God, to know that God Himself is the answer, your helper, the solution. Psalms 11:1, 18:3, 23:1, 25:1, 27:1, 28:1

E. Getting encouraged is a matter of knowing and applying specific truths that relate to your own situation, to your own discouragement. John 8:31-32, John 17:17, Matthew 4:4, Psalm 1:2, Psalm 51:4

F. Getting encouraged may be through a sermon or message, talking to a Christian friend, hearing a Christian song, or reading God's word. It's vital to think about the particular truth and believe it.

G. For example, getting encouraged if:
- you are lonely – Hebrews 13:5
- you are weary – Galatians 6:9
- you feel disconnected from God – Psalm 13

H. Learn how to encourage yourself in the Lord. Then you can encourage others.

V. LEARNING TO ENCOURAGE OTHERS

A. Take the time to listen to people, to ask questions, to pray, and to then discern why they are discouraged. Then you will know how to encourage them. 1 Samuel 23:16

B. Encourage them with love and truth. Sometimes it happens quickly. Other times it takes longer, it takes more prayer, or it takes getting counsel from others. The main point is that God wants to use you to encourage the discouraged, to encourage other believers.

CONSIDER HOW TO STIMULATE ONE ANOTHER TO LOVE AND GOOD DEEDS, NOT FORSAKING OUR OWN ASSEMBLING TOGETHER, AS IS THE HABIT OF SOME, BUT ENCOURAGING ONE ANOTHER, AND ALL THE MORE AS YOU SEE THE DAY DRAWING NEAR.

Hebrews 10:24-25

SOME QUESTIONS TO ANSWER:

1. What is the main thing that you believe God wants you to learn from this lesson?
2. Why is it important to be encouraged? Why is it important to encourage other believers?
3. Why do you get discouraged? What are some of your symptoms?
4. What do you usually do when you are discouraged? Is that the right way or not?
5. What does it mean to examine yourself? How are you do that?
6. What is the main way, the main answer by which you can get encouraged?
7. When you are with a discouraged person, what should you do?