



DEFEAT DISCOURAGEMENT

4 Secrets

WE ALL DEAL WITH IT

Life is not fair

We become discouraged, feel defeated,
ready to quit

Overcoming discouragement is a matter
of getting rid of some things

MISERY LOVES COMPANY

Galatians 5:7 You ran well. Who hindered you from obeying the truth?

1 Corinthians 15:33 Do not be deceived:
"Evil company corrupts good habits."

If people pull you down – don't hang around with them.

MISERY LOVES COMPANY

⁴ In regard to these, they think it strange that you do not run with *them* in the same flood of dissipation, speaking evil of *you*.

⁵ They will give an account to Him who is ready to judge the living and the dead.

1 Peter 4:4–5

1 – Don't hang with the wrong people!

REMEMBER TO FORGET

Dwell on the good things

Philippians 4:8–9 ⁸ Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things. ⁹ The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

REMEMBER TO FORGET

Forget the mistakes – learn from them.

Philippians 3:13–14 ¹³ Brethren, I do not count myself to have apprehended; but one thing *I do*, forgetting those things which are behind and reaching forward to those things which are ahead, ¹⁴ I press toward the goal for the prize of the upward call of God in Christ Jesus.

2 – Forget the critics and nay-sayers.

PAST IS PAST

Higher Ground – 2nd verse

My heart has no desire to stay
Where doubts arise and fears dismay
Tho' some may dwell where these abound
My prayer, my aim is higher ground.

3 – Don't dwell on (live in) the past.

ROSES HAVE THORNS

Many expect life to be all roses, no thorns

Get rid of the idea that all of life is good.

Stop thinking that Christians have no problems or weaknesses.

ROSES HAVE THORNS

Job 14:1–2 ¹ "Man *who is* born of woman
Is of few days and full of trouble. ² He
comes forth like a flower and fades away;
He flees like a shadow and does not
continue.

4 – Thorns have roses.

DEFEAT DISCOURAGEMENT

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2 – Forget the critics and nay-sayers.

3 – Don't dwell on (live in) the past.

4 – Thorns have roses.

HEBREWS 12:2-3

² looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. ³ For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.