**CONQUERING DISCOURAGEMENT**

Finding Freedom - Part 2

Pastor Morris Barnett

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**1 Kings 19:4 (NLT2)**
Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, LORD,” he said. “Take my life, for I am no better than my ancestors who have already died.”

**1 Samuel 30:6 (KJV) – Memory Verse**
And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: **but David encouraged himself in the LORD his God.**

Emotional turmoil makes melodramatics of us all, because it causes us to see a distorted view of reality.

**Jeremiah 17:9 (NIV)**
The heart is deceitful above all things and beyond cure. Who can understand it?

The heart is where our emotions lie ... and you can't always trust your heart because *our emotions lie*. They trick us into ignoring what really matters and persuade us instead to focus all our attention on things of lesser significance.

**Proverbs 28:26 (NASB)**
He who trusts in his own heart is a fool, But he who walks wisely will be delivered.

**STEPS TO CONQUERING DISCOURAGEMENT**

1. **Start Taking Care Of Yourself**

* **Get Enough Sleep**
* **Eat Healthy**
* **Exercise Regularly**

2. **Reach Out To Others**

**Ecclesiastes 4:12 (NLT2)**
A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

3. **Seek The Presence Of God**

**Isaiah 40:31 (NIV)**
 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

* **Remind Yourself Of All God Has Done For You**

**Psalm 40:1-2 (NLT2)**
I waited patiently for the LORD to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along.

* **Remind Yourself Of All God Has Done Through You**

**Psalm 21:1 (NIV)**
O LORD, the king rejoices in your strength. How great is his joy in the victories you give!

* **Remind Yourself Of What God Has Planned For You**

**Jeremiah 29:11 (NLT2)**
For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope.