

10 LESSONS FOR A LIFE OF SIGNIFICANCE

LESSON 7 // FIGHT DISCOURAGEMENT

Big Idea: Many people fail to live a significant life because of discouragement. All of us get discouraged at times as we face persistent problems and lose a sense of hope or confidence. It's important to be aware of how dangerous this can be and how to overcome discouragement.

Defeating discouragement requires a determination to: not give up, even if you feel like it; choose to believe the best about God and your circumstances; choose to believe truth over lies; trust God for the next step; change things that need to change; and rise above the crowd, inspiring others to victory along the way.

1 Samuel 30:1-6 (NLT) *Three days later, when David and his men arrived home at their town of Ziklag, they found that the Amalekites had made a raid into the Negev and Ziklag; they had crushed Ziklag and burned it to the ground. ² They had carried off the women and children and everyone else but without killing anyone. ³ When David and his men saw the ruins and realized what had happened to their families, ⁴ they wept until they could weep no more. ⁵ David's two wives, Ahinoam from Jezreel and Abigail, the widow of Nabal from Carmel, were among those captured. ⁶ David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But David found strength in the Lord his God.*

Discussion Questions:

This weekend we learned about four things we need to know about discouragement. What part of the message spoke to you the most and why?

Who is the most encouraging person you know? What qualities stand out to you?

Read what David said to Solomon before he died in 1Chronicles 28:20. David encouraged Solomon and Solomon finished building. What role does community play when you're facing discouragement?

Read Psalm 34:6,7. Describe a time you felt what David felt. How does this Psalm encourage you?

Read Psalm 42:5-8. Do you trust that God loves you even when things feel overwhelming or hopeless? How can you trust Him more than you currently do?

Prayer Focus:

Lord, thank you for your constant love, peace, and hope in our lives. Help us to turn to you in time of need. In Jesus' name, amen.

Ask Your Group:

The Bible says in Proverbs 11:25 that those that refresh others will also be refreshed. Who can you encourage this week with a positive word, prayer, or note?