

“ HOW TO HANDLE DISHEARTENMENT ”

Allen McLauchlin, Pastor

A family friendly, never alone, purpose driven church

October 11, 2015

DISHEARTENMENT: A dejected state of mind (usually temporary) brought on by a flood of negative circumstances that seems to never ever end. I.e. Problems upon problems, If it isn't one thing it's another. When it rains it pours”.

POWERFUL NOTE: Jesus spoke the Word of God throughout His ministry. When faced with the devil's lies and temptations, He countered with [the truth of God's Word](#). The spoken [Word of God](#) is like a living, powerful [sword](#) in our mouths (Hebrews 4:12), and if Jesus depended upon it to face challenges in life, so can we. If you need encouragement from God's Word to [overcome your fears](#), take strength from these fear-busting Scriptures about courage.

1. Make a list of your PROBLEMS and find Scriptures that cover them .

Jesus replied, “Your mistake is that you don’t know the Scriptures, and you don’t know the power of God. For when the dead rise, they will neither marry nor be given in marriage. In this respect they will be like the angels in heaven. “But now, as to whether the dead will be raised—haven’t you ever read about this in the writings of Moses, in the story of the burning bush? Long after Abraham, Isaac, and Jacob had died, God said to Moses, ‘I am the God of Abraham, the God of Isaac, and the God of Jacob.’ So he is the God of the living, not the dead. You have made a serious error.” Mark 12:24-27

After the victory, the Lord instructed Moses, “Write this down on a scroll as a permanent reminder, and read it aloud to Joshua: I will erase the memory of Amalek from under heaven.” Exodus 17:14

Then the Lord said to Moses, “Write down all these instructions, for they represent the terms of the covenant I am making with you and with Israel.” Exodus 34:27

Tie them on your fingers as a reminder. Write them deep within your heart. Proverbs 7:3

2. Institute a PRAISE from your list of verses, make them your refrain.

Then they sang a hymn and went out to the Mount of Olives. On the way, Jesus told them, “All of you will desert me. For the Scriptures say, ‘God will strike the Shepherd, and the sheep will be scattered.’ But after I am raised from the dead . Mark 14:26-28

I have set the Lord continually before me; Because He is at my right hand, I will not be shaken.

Therefore my heart is glad and my glory rejoices; My flesh also will dwell securely. For You will not abandon my soul to Sheol; Nor will You allow Your Holy One to undergo decay. You will make known to me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forever. Psalm 16:8

Study this Book continually. Meditate on it day and night so you will be sure to obey everything written in it. Joshua 1:8

For God has not given us a spirit of fear, but of power, love. 2 Timothy 1:7

3. Be human, show EMOTION there is a need.

At noon, darkness fell across the whole land until three o'clock. Then at three o'clock Jesus called out with a loud voice, "Eloi, Eloi, lema sabachthani?" which means "My God, my God, why have you abandoned me?" Mark 15:33,34

God is a righteous judge, who feels indignation every day. Psalm 7:11

A time to cry and a time to laugh., a time to grieve and a time to dance. Ecclesiasts 3:4

Those who sow with tears will reap with songs of joy. Psalm 126:5

Express your emotions but do not sin. Ephesians 4:26

4. Keep your eyes fixed on GOD not your situation .

We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. Think of all the hostility he endured from sinful people; then you won't become weary and give up. Hebrews 12:2,3

But Stephen, full of the Holy Spirit, gazed steadily into heaven and saw the glory of God, and he saw Jesus standing in the place of honor at God's right hand. Acts 7:55

In the year that King Uzziah died, I saw the Lord, high and exalted, seated on a throne; and the train of his robe filled the temple. Isaiah 6:1

“Don't be afraid!” Elisha told him. “For there are more on our side than on theirs!” Then Elisha prayed, “O Lord, open his eyes and let him see!” The Lord opened the young man's eyes, and when he looked up, he saw that the hillside around Elisha was filled with horses and chariots of fire.  
2 Kings 6:16