

**So, how do I deal with discouragement?**

## 1. Riches

### Dwell on my riches in Christ

Ephesians 2:4	But God...
Ephesians 1:3	Spiritual blessings in Christ
John 10:27-28	Secure in Him
Romans 8:37-39	Victorious in Christ
Hebrews 12:1-3	Look to Jesus when you are weary
Romans 8:28-29	God's purpose
Romans 5:3-5	The love of God in our hearts

## 2. Refuge

### Go to God for refuge

Psalm 46:1            Very present help

Psalm 59:16            God is a refuge for the weary

Isaiah 25:4            Defense for needy

Psalm 73:25-28        Desperate for God

## **3. Rest**

### **Come unto Jesus for rest**

Matthew 11:28-30 I will give you rest

Hebrews 6:18 God's promises = refuge

## 4. Reinforcements

### How can I be an encouragement?

I encourage others by standing firm

Nehemiah 2:19; 4:1                      Don't quit

I encourage others by walking in the spirit.

Galatians 5:16-23                      Bear fruit of Spirit

I encourage others by actively encouraging them

Hebrews 10:25                      All the more

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