

DISRUPTING DISCOURAGEMENT

9.5% of Americans struggle with clinical depression.

Psalm 43:5 (NIV) Why are you _____, O my soul? Why so _____ within me? **Put your hope in God**, for I will yet praise him, my Savior and my God.

Psalms 23:3 (NIV) He _____ my soul.

"There is a Difference between _____ discouraged, a _____ of discouragement and a _____ of discouragement."

Discourage- v. dis·cour·age To deprive of courage, hope, or confidence; dishearten; dispirit.

10 WAYS TO **DISRUPTING DISCOURAGEMENT**

1. Talk to _____

1. Be _____ and _____

2- Reach out for _____

"Isolation is discouragements _____."

2. Don't get _____ **to it**

• Transparency is _____

3. Pray and _____ **for prayer**

A. **Pray for** _____

Luke 5:6 (NIV) But Jesus _____ withdrew to lonely places and prayed.

***Pray in the** _____

- **I Corinthians 14:4** (NLT) Anyone who speaks in a tongue edifies _____.
- **Jude 1:20** (NLT) Dear friends, build _____ up in your most holy faith and pray in the Holy Spirit.

B. _____ **ask people that will pray**

4. _____ **others**

5. _____ **your schedule**

"_____ can lead to discouragement."

6. _____

Nehemiah 8:10 (NIV) The Joy of the Lord is your _____.

7. **Don't quit on** _____

Galatians 6:9 (NIV) Let us not become weary in doing good, for at the proper time _____ reap a harvest _____ we do not give up.

8. **Remember** _____

"Your success is found in your _____."

9. **Just** _____

"Happiness is an inside job."

I Samuel 30:6 (KJV) David encouraged _____ in the Lord.

10. _____ **share your victory.**

Revelation 12: 11 (NKJV) They overcame him by the blood of the Lamb, and by the _____ of their _____.