

Book 1:1-41 **Genesis**
 (Created by God/We Need Him)
Book 2:42-72 **Exodus**
 (Captured and Oppressed)
Book 3:73-89 **Leviticus**
 (Concerns of Worship)
Book 4:90-106 **Numbers**
 (Crisis in the Wilderness)
Book 5:107-150 **Deuteronomy**
 (Confidence + Deliverance)

-.001.tiff

¹As a deer pants for flowing streams, so pants my soul for you, O God. ²My soul thirsts for God, for the living God. When shall I come and appear before God? —**Psalm 42:1-2** **ESV**

-.002.tiff

Why do we get discouraged spiritually?

-.003.tiff

“To search out the cause of our sorrow is often the best surgery for grief. Self-ignorance is not bliss; in this case, it is misery. The mist of ignorance magnifies the causes of our alarm; a clearer view will make monsters dwindle into trifles.” —**C.H. Spurgeon**

-.004.tiff

Why do we get discouraged spiritually?

Pain

-.005.tiff

Why do we get discouraged spiritually?

Pain
 > Promotes Prayer

-.006.tiff

Why do we get discouraged spiritually?

Pain

- > Promotes Prayer
- > Produces Patience

-.007.tiff

**Count it all joy, my
brothers, when you meet
trials of various kinds...**

—James 1:2 ESV

-.008.tiff

Why do we get discouraged spiritually?

Pain

- > Promotes Prayer
- > Produces Patience
- > Prompts Change

-.009.tiff

**When we know enough we want to,
When we hurt enough we have to,
When we have enough we are able to.**

—John Maxwell

-.010.tiff

Why do we get discouraged spiritually?

Pain

- > Promotes Prayer
- > Produces Patience
- > Prompts Change
- > Prevents Pride

-.011.tiff

**⁶Humble yourselves,
therefore, under the mighty
hand of God so that at the
proper time he may exalt you,
⁷casting all your anxieties on
him, because he cares for you.**

—1 Peter 5:6-7 ESV

-.012.tiff

Why do we get discouraged spiritually?

Pain

- > Promotes Prayer
- > Produces Patience
- > Prompts Change
- > Prevents Pride
- > Purifies Faith

-.013.tiff

“Sometimes our deepest comforts come from our deepest pains.”

-.014.tiff

Why do we get discouraged spiritually?

Pain
Silence

-.015.tiff

**I say to God, my rock:
“Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?”**

—Psalm 42:9 ESV

-.016.tiff

Why do we get discouraged spiritually?

Pain
Silence
Evil

-.017.tiff

For you are the God in whom I take refuge; why have you rejected me? Why do I go about mourning because of the oppression of the enemy?

—Psalm 43:2 ESV

-.018.tiff

**“If I look at the masses
I will never act, but if I
look at the one, I will.”**

—Mother Teresa

-.019.tiff

Elijah—God’s Lone Ranger

⁴But he himself went a day’s journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, “It is enough; now, O Lord, take away my life, for I am no better than my fathers.”

-.020.tiff

Elijah—God’s Lone Ranger

¹⁰He said, “I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.” —1 Kings 19:4, 10 ESV

-.021.tiff

**What should you do
when you are
discouraged spiritually?**

-.022.tiff

⁴For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope. ⁵May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus...

-.023.tiff

¹³May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. —Romans 15:4-5, 13 ESV

-.024.tiff

What should you do when you are discouraged spiritually?

- **Reflect on God's record and take refuge.**

-.025.tiff

What should you do when you are discouraged spiritually?

- **Reflect on God's record and take refuge.**
- **Focus on the facts, not just your feelings.**

-.026.tiff

What should you do when you are discouraged spiritually?

- **Reflect on God's record and take refuge.**
- **Focus on the facts, not just your feelings.**
- **Give thanks to the Lord for He is good!**

-.027.tiff

**So, amid the conflict
whether great or small,
Do not be disheartened,
God is over all;
Count your many blessings,
angels will attend,
Help and comfort give you
to your journey's end.**

-.028.tiff

**Count your blessings,
name them one by one,
Count your blessings,
see what God hath done!
Count your blessings,
name them one by one,
And it will surprise you
what the Lord hath done.**

—Johnson Oatman, Jr.

-.029.tiff