

Discouraged Lesson 2 Handout

Definition of Discouragement: having lost confidence or enthusiasm; disheartened.



Psalm 127:2 (AMP)

It is vain for you to rise up early, to take rest late, to eat the bread of [anxious] toil—for He gives [blessings] to His beloved in sleep.

Matthew 8:24 (AMP)

And suddenly, behold, there arose a violent storm on the sea, so that the boat was being covered up by the waves; but He was sleeping.

Genesis 2:2 (AMP)

And on the seventh day God ended His work which He had done; and He rested on the seventh day from all His work which He had done.

John 10:10, “The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly”

1 Timothy 5:23 (AMP)

Drink water no longer exclusively, but use a little wine for the sake of your stomach and your frequent illnesses.



May 20 near Boise, ID

I have to be completely honest with you all and ask for your prayers and your help. For the first time in two years, I feel so very tired and not sure of the next steps. I cannot stop the tears from falling. I feel like a wounded soldier who needs time to rest. I need you all to carry me and my family in prayer and to continue to voice your concern. Today I feel there is no breath left in me. Praying and worshiping through it, but I have to admit today is so very difficult. Each minute feels like an hour. Praising Him through my tears. Need you all to hold my hands up like Moses in battle. Feeling so very weak.

May 24 -Sarah Became Pregnant and bore a son to Abraham in his old age, at THE VERY TIME GOD HAD PROMISED HIM (Genesis 21:2).

Today during my devotional I was reminded that sometimes it takes greater faith to wait on the Lord than to go. I have renewed hope and faith to wait on the Lord and see Him deliver in His timing according to His plan.

Micah 7:7-8: "But as for me, I will watch expectantly for the Lord; I will wait for the God of my salvation. My God will hear me. Do not rejoice over me, O my enemy. Though

I fall I will rise; though I dwell in darkness, the Lord is a light for me."

Micah 7:9 says this: "Until He pleads my case and executes justice for me. He will bring me out to the light, and I will see His righteousness."

My thoughts, hopes, dreams, life lessons, and God moments.

Encountering God – by Cheyanne Laizure

Today as I sat in the presence of God I finally realized that the statement that I had been told over and over again "Your encounters with God are directly related to how much time you are spending with Him." was actually true. Going through a few months of storms, mistakes, and changes honestly I felt so alone and far from God. To be honest I felt the farthest from God I have ever felt. I was doubting my faith and what I believed in, and I was doubting the fact that God would show up again in my life. I never really thought that if I just read or prayed or listened to a sermon while I got ready in the morning it would help my relationship with God, but to my surprise I was very wrong. These last few weeks that I have spent in prayer, in the word, and filling my mind with sermons any chance I got I finally saw that it was true "Come close to God, and God will come close to you." James 4:8. Now I know that Christianity isn't based off of feelings but I guarantee when you feel like God is nowhere near you and you decide to draw near to him again He will reciprocate. God wants have a close relationship with each of us, He created each of us for that purpose, but He wants you to want Him he wants you to draw near on your own. God is like your best friend, think of your best friend right now and picture yourself not hanging out with them

for months, not getting to know them better, and not sharing your happiness and your heartaches with them. That relationship is going to go downhill fast because to have a strong relationship with anyone you must spend time with them. Our relationship with Christ is exactly the same if you want it to be strong then you need to spend time with Him just like you would with your best friend. So now I encourage you in whatever you are going through to draw near to him because once you do, you will be very surprised at the encounter you will have with the maker of your soul. My challenge for you is to get up for a month straight each morning and spend some time with God it may be 10 minutes or it may be an hour. Pray, meditate on God's Word, read a devotion, whatever it may be just spend some time in the presence of God. When you drive to work, school, the mall, or even the gym listen to a sermon. There are plenty of great pastors and great apps that you can download so that you can stream sermons through your phone. I hope that after this month of being in the presence of God your heart will be new and your relationship with God will be stronger than it's ever been.

Psalm 145:18 (AMP)

The Lord is near to all who call upon Him, to all who call upon Him sincerely *and* in truth.

Zechariah 1:3 (NASB95)

"Therefore say to them, 'Thus says the LORD of hosts, "Return to Me," declares the LORD of hosts, "that I may return to you," says the LORD of hosts.

Malachi 3:7 (NASB95)

"From the days of your fathers you have turned aside from My statutes and have not kept *them*. Return to Me, and I

will return to you,” says the LORD of hosts. “But you say, ‘How shall we return?’

Isaiah 58:2 (NASB95)

“Yet they seek Me day by day and delight to know My ways, as a nation that has done righteousness and has not forsaken the ordinance of their God. They ask Me *for* just decisions, they delight in the nearness of God.

Psalm 73:28 (NASB95)

But as for me, the nearness of God is my good; I have made the Lord GOD my refuge, that I may tell of all Your works.