

Hope Chapel Series - *Living Beyond Our Setbacks*, part 7

Message Summary: Discouragement is an experience every person faces. Sometimes it is for a moment, or a day or sometimes it's for a season. If you are feeling discouraged today please know you are not alone. God's not going to leave you there and neither will Hope Chapel. We are here to encourage. We need to learn to win the battle over discouragement or else it will define our lives, our choices and our futures.

Living Beyond Discouragement

1. The main sources of discouragement

- A. Circumstances** - 2 Corinthians 7:5
- B. People** - John 15:18-19
- C. Myself** - Romans 7:21-24

2. How do we fight discouragement

- A. Fight discouragement with truth** - Psalm 119:50
- B. Fight discouragement with God** - Joshua 1:9; Psalm 42:5-6
- C. Fight discouragement with surrender** - James 4:10
- D. Fight discouragement with community** - 2 Corinthians 7:5-7
- E. Fight discouragement with rest** - Mark 6:30-31

LifeGroup Questions: *Final Week of LifeGroups*

BEGIN IT – (5min) Praise song and opening prayer.

OPEN IT- (10min) Why is discouragement inevitable in this life?

EXPLORE IT- (60min) Follow Sunday's sermon outline together and add addition notes people made about the message.

1. Discuss the three main sources of discouragement in this life. How can you relate to these sources?
2. Why is truth so important when we battle the discouragement in this life? What are some of the lies discouragement has told you?
3. Discuss the other four ways we fight against discouragement. How is each one empower us in this battle?

APPLY IT- (15min) What are some areas of discouragement you are currently facing? What practical steps are you taking to win this battle?