

September 16, 2015~All Things New  
Discouragement

Discouragement can envelope your whole life. Where is the hope in discouragement?

Philippians 3:10

“that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death.”

What is “knowing the Lord?”

1. We can know facts about him.
2. We can have hard knowledge about those facts.
3. We can have transactions between us and Christ.
4. We can experience the Lord.

Knowing the Lord gives us power. The Resurrection is the most powerful event in history. As Christians, the Resurrection should be power. We shouldn't be feeble or discouraged because through the Resurrection we have hope!

John 20:11-14

“But Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb. 12 And she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. 13 They said to her, “Woman, why are you weeping?” She said to them, “They have taken away my Lord, and I do not know where they have laid him.” 14 Having said this, she turned around and saw Jesus standing, but she did not know that it was Jesus.”

The Resurrection has power over discouragement.

When Mary got to the tomb, the clothes were folded. No one steals a body, unwraps it and folds the clothes. Mary is the first one to see that Jesus body was gone. Mary is wailing, distraught, and discouraged. The man who had saved her was gone. When Mary saw Jesus standing there, she didn't even realize it was him.

How often do we do this though? When bad days happen everyday, we have no hope for tomorrow. We wail, we sulk, and we mourn. Like Mary, Jesus is standing right next to us and we don't even realize he is there.

When we give everything completely over to God, is when healing begins. Mary, as distraught as she was, went back to the last place she saw Jesus. She went to the tomb.

Life sometimes gets so busy that we “lose” God. However, God is never lost, he never moves, we take our eyes off him. If you are discouraged, go back to the last place you saw God.

There are 5 ways to seek God:

1. Through Prayer. Talk to God and rid yourself of the burden that is holding you back from him.
2. Review your History. Journaling and blessing journals allow you to look at your life.
3. Read your Bible. Renew your faith.
4. Worship. Revive your heart.
5. Fellowship. Get around people that will encourage you.

The best way to kill a sheep is to get it away from the herd. Satan uses this method. Satan makes you feel like you are all alone and discourages you to the

point where you have no hope, but our hope comes from the Lord. Get around people who can point you to him.

-How Jesus responds to Mary-

1. Jesus speaks tenderly to her.

Jesus knows what's wrong but he still gives her a chance to talk because he wants her to know he cares. Jesus cares about her.

2. Jesus listens to her.

Mary talks ridiculously to him. She is asking him for his body, even though the clothes are folded (what grave robber folds the clothes after stealing a body?). Regardless, Jesus listens to her crazy rant.

3. Jesus, then, reveals himself to her.

Jesus speaks to her, listens to her, then reveals himself to her. When we are discouraged, God speaks to us tenderly, he listens to us rant and rave, and then God reveals himself to us.

The only thing that gives us hope in discouragement is Jesus. Go, Seek, Find Jesus. When you place all your discouragement in the Lord, He will give you peace.