

When You Are Discouraged

Proverbs 17:22

“A joyful heart is good medicine, but a broken spirit dries up the bones.”

Proverbs 15:13-15

“A joyful heart makes a cheerful face, but when the heart is sad, the spirit is broken. All the days of the afflicted are bad, but a cheerful heart has a continual feast.”

(Part I)

There is healing power in Prayer and Faith. God has a cure for Discouragement:

I The Diagnosis—You Have a Heavy Heart

Heart—

Broken—

Spirit—

Three Reasons for Discouragement:

1. Wrong Thinking

Proverbs 23:7; 12:25; 14:30

2. Wrong Talking

Proverbs 17:9; 22:24-25; 15:4

3. Wrong Living

Proverbs 14:14

II The Prognosis — “You’re Going to Have Some Damage”

- 1. Damage to your Spirit***
Proverbs 15:13-15; 14:13; 18:14

- 2. Damage to your Body***
Proverbs 17:22

- 3. Damage to those Around You***

(Next Week, The Prescription—Do These 10 Things)