

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 II)

Last week we discussed the diagnoses and the prognosis of discouragement. Wrong Thinking, Wrong Talking and Wrong Living can lead to discouragement. Discouragement can damage your spirit, your body and those around you.

What is Solomon’s Rx for Discouragement?

Notice in Proverbs 17:22 the words:

Medicine—

Merry—

10 Things you can do to Overcome Discouragement:

**1. S _____
*Isaiah 12:3***

**2. S _____
*You must make a _____***

**3. S _____
*Proverbs 28:13***

**4. S _____
*Notice the _____ things in life***

5. S _____
Proverbs 12:25; 25:25; 15:30; 13:20

6. S _____

7. S _____
Proverbs 16:k3

8. S _____
God's Word renews and _____ your mind

Psalm 119:25-30

9. S _____
Proverbs 25:20

10. S _____
Philippians 4:6-7