

Reflecting the Principle through Self Evaluation

Life Principle #20

Disappointments are inevitable, discouragement is a choice.

Has God's answer to a prayer in your life been something that you did not hope for?

In what way have you responded to this disappointment in your life?

Do you feel like this response is one that shows you trust God?

Write down ways that you can reorganize your life (time, energy and other resources) so that you will not allow discouragement to overcome you. Commit to these ways during your prayer life and walk with Christ.

The Consequences of Discouragement

Divided attention

Loss of confidence

Placing blame

Negative spirit

Anger and depression

Unwise decisions

Estrangement

Spiritual drift

The Cure for Discouragement

Pursue a relationship with the Father.

Look within yourself. Ask, Why am I discouraged?

Look up. God has the ability to rescue you from harmful attitudes.

Look back. Don't dwell on hurtful things in the past. Instead, think about God's faithfulness to deliver you.

Look ahead. Focus on what the Lord is doing now in your life. Be encouraged by what He has planned for the future.

Responding correctly to discouragement involves several things.

Reorganize your life. In other words, evaluate your use of time, energy, and other resources. Make sure you're doing the right things in the right way.

Resolve to trust God. Believe that He is in control (Ps. 103:19), loves you, and will never leave you (Heb. 13:5). He can turn adversity into something good.

Rest. Physical and emotional exhaustion often lead to discouragement.

Resist discouragement. Ask God to reveal the best response to difficulty. You will be amazed at the difference a positive attitude makes.