

Rethinking Your Life



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Defeating Discouragement

Paul's Testimony

"I've worked harder. I've been in prison more frequently because of preaching the Gospel. I've been flogged more severely. I've been exposed to death again and again. Five times I received 39 lashes. Three times I was beaten with rods. Once I was stoned, nearly stoned to death. Three times I was shipwrecked. I spent a night and a day in the open seas. I've been constantly on the move. And I've been in danger from rivers, from bandits, from my own countrymen. I've been in danger from the Gentiles, in danger in the city, in danger in the country, in danger at sea, and in danger from false brothers." (2 Corinthians 11:23-26)

Paul's Secrets for Defeating Discouragement (From 2 Corinthians 4:1-18)

1. Never forget _____

"God in His mercy has given us this ministry and work to do. That's why we don't get discouraged and that's why we never give up!" (2 Corinthians 4:1)

2. **Never fake it. Be** _____

"We don't try to trick anyone, and we don't twist the Word of God. Instead, we teach the truth plainly, showing everyone who we really are. Then they can know in their hearts what kind of people we are." (2 Corinthians 4:2)

3. **Relax. Don't try to be** _____

"We are like clay jars in which God's treasure is stored. The real power comes from God and not from us." (2 Corinthians 4:7)

4. **Stay focused on** _____

"Our present troubles are quite small and won't last very long. Yet they produce in us an immeasurably great glory that will last forever! So, we don't look at the troubles we can see right now; rather, we look forward to what we have not yet seen. For the troubles we see will soon be over, but the joys to come will last forever!" (2 Corinthians 4:17-18)

**If you look at the world, you will be distressed.
If you look within, you will be depressed.
But if you look at Christ, you will be at rest.**

– Corrie Ten Boom