

# Steps in Handling Discouragement

1. We have to admit \_\_\_\_\_ over all of our junk that's discouraging us.

*Romans 7:15 "For that which I am doing, I do not understand for I am not practicing what I would like to do, but I am doing the very thing I hate."*

2. We have to believe that a power greater than ourselves can get us \_\_\_\_\_.

*Romans 7:16-20 And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature.[c] For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.*

3. We made a \_\_\_\_\_ our lives and our wills over to the care of God.

*Romans 12:1 (NIV) Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God.*

4. \_\_\_\_\_ give up!

*2 Corinthians 4:8 We are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down but not destroyed.*

5. We have to \_\_\_\_\_ of God's word.

*Philippians 3:14 Brothers and sisters, ...the one thing I do...forgetting what lies behind and reaching forward to what lies ahead. I press on toward the goal for the prize of the upward call of God in Christ Jesus.*