

## **Triumphing Over Discouragement**

Cornerstone Community Church – Pastor Jerry Ernst

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### **Scripture: Psalm 42:1-11**

**DISCOURAGEMENT:** (Webster's dictionary): "to deprive of courage or confidence: dishearten; to hinder by disfavoring; to dissuade from doing something."

### **DAVID'S DISTRESS: (Psalm 42:1-3)**

*"(1) As the deer pants for water brooks, so pants my soul for You, O God. (2) My soul thirsts for God, for the living God. When shall I come and appear before God? (3) My tears have been my food day and night, while they continually say to me, 'Where is your God?'"*

- David is expressing *pain* when his son, Absalom, defected.
- (Vv. 4-5) David is exiled to a far-away place - preventing him from worshipping in Jerusalem's Temple.

### **When we cannot worship...**

- 1) We become spiritually dry.
- 2) We become discouraged, isolated, and lonely.

### **David's Two "Why" Questions: (Psalm 42:5)**

**1) Why so cast down?** *"(5) Why are you cast down, O my soul? ..."*

**CAST DOWN:** (Heb: *tīš-tō-w-hă-hī*) *"bowed down (mourner), crouch, despairing, reduced, weakened."*

**Repeated Three Times Emphasizing David's Pain** \*Psalm 42:5,11 & 43:5 – *"Why are you cast down, O my soul?"*

**2) Why so painful?** *"(5) ...And why are you disquieted within me?"*

**DISQUIETED:** (Heb: *wat-te-hě-mī*) *"cry aloud, in great commotion, growl, moan, roar, a turbulent soul."*

## **HOW TO TRIUMPH OVER DISCOURAGEMENT?**

**1) DON'T GIVE INTO IT** (James 4:7) - *"(7) Resist the devil, and he will flee from you."*

**RESIST:** (Gk: *antistēte*) *"oppose, to set against, withstand."*

**FLEE:** (Gk: *pheuxetai*) *"escape, run away, shun, vanish."*

James 1:12 – *"(12) Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him."*

**2) DON'T BE SUPPRESSED BY IT** (Psalm 105:2) - *"(2) ...Tell of all His wonders!"*

**TELL:** (Heb: *hū*) *"to put forth (thoughts), ponder, sing, speak, talk."*

- When we speak praise – discouragement dissipates.
- Lifting Jesus up – raises us up over our situation.

Philippians 4:4 - *"(4) Rejoice in the Lord always, and again I will say, rejoice."*

Psalm 42:5 - *"(5) ...Hope in God. For I shall yet praise Him."*

**3) DON'T GET DOWN FROM IT** (Psalm 3:3) - *“(3) But thou, O Lord, are a shield for me, My glory and...the **lifter up** of mine **head**.”*

**LIFTER UP:** (Heb: *û·mê·rîm*): *“exalt, lift up, raise, set on high.”*

**HEAD:** (Heb: *rô·šî*): *“top (head), total, sum.”*

- God lifts us up out of our circumstances – when our trust is in Him.
- God places our thoughts and mind on His power and placement over us.

**4) DON'T GIVE UP THROUGH IT** (Matthew 10:22) - *“(22) He that **endures** to the end shall be saved.”*

**ENDURES:** (Gk: *hupomenô*): *“To endure, to persevere, to remain steadfast.”*

➤ **hypoménō** - remaining *under* (the load), bearing up (enduring); for the believer.

**Jude 24-25** – *“(24) Now to Him who is able to keep you from stumbling, and to present you faultless before the presence of His glory with exceeding joy, (25) To God our Savior, Who alone is wise, Be glory and majesty, Dominion and power, Both now and forever. AMEN.”*

### **CORNERSTONE COMMUNITY CHURCH**

- 1) Is your soul discouraged and pressed downward today?
- 2) Are you reduced and weakened in your faith by life's pressures?
- 3) Are you tempted to give up through the trial you are facing?