



How to Overcome Discouragement

F U L F I L L M E N T

Rev. Fred A. Hartley, III
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"Praise be to the God our Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort (PARAKALEO) who comforts (PARAKALEO) us in all our troubles so that we can comfort (PARAKALEO) those who are in any trouble with the comfort (PARAKALEO) we ourselves have received from God." 2 Corinthians 1:3-4

*"Comfort" PARAKALEO Compound Greek word PARA "alongside" KALEO "to call"
To encourage, comfort, counsel, call alongside, to stand shoulder to shoulder*

"I have never known God to use a discouraged person." – D.L. Moody

Discouragement is a sin; it won't send you to hell, but it will make you feel like you're living there.

Areas of Life Affected By Discouragement

Prayer life	Marriage
Parenting	Relationships
Career path	Confidence
Calling	Leadership
Emotional health	Physical health

No one has faced more opportunities for discouragement than the apostle Paul. (Read 2 Corinthians 6:4-10, 2 Corinthians 11:23-29)

"But thanks be to God who always lead us in triumphal procession in Christ and through us spreads everywhere the fragrance of the knowledge of Him." 2 Corinthians 2:14

The 3 R's to Overcome Discouragement

1. **Recognize it.**

"If we confess our sins He is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1 John 1:9

2. **Refuse it.**

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles and let us run with perseverance the race marked out for us." Hebrews 12:1

3. **Replace it.**

"May the God of hope fill you with all joy and peace as you trust in Him so that you may overflow with hope by the power of the Holy Spirit." Romans 15:13

"Have I not commanded you, be strong and courageous? Do not be terrified, do not be discouraged, for the Lord your God is with you wherever you go." Joshua 1:9

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