



*A Pastor for Every Person!*  
**ROCK GROUPS**  
(Evangelistic Care Groups)  
ROCK GROUP DIRECTIVE

## **OVERCOMING DISCOURAGEMENT**

**Ice Breaker...** What do you do when you're discouraged? Do you tend to ask for help and prayer or do you keep it to yourself?

**Discouragement steals confidence** and causes people to **lose hope**. It reveals itself through **thoughts of giving up**, a negative attitude or a **hopeless outlook**. The enemy tries to discourage us to **deter us from God's vision for our lives** by stripping us of hope and confidence in God!

***How has the enemy tried to discourage you?***  
***Are you struggling not to lose hope in some area?***

**What can we do to stay out of discouragement?**

**Psalm 40** <sup>1</sup> I waited patiently for the Lord; and He inclined to me, and heard my cry. <sup>2</sup> He also brought me up out of a **horrible pit**, out of the **miry clay**, and set my feet upon a rock, and established my steps. <sup>3</sup> He has put a **new song** in my mouth - **praise** to our God; many will see it and... will trust in the Lord. NKJ

In this passage, David had apparently just come out of a time of **great discouragement**, which he described as *a horrible pit of miry clay*. But, notice his testimony about **how** God brought him out of it: "*He has put a new song in my mouth - praise to our God...*" Praise to God lifts us out of discouragement!

**A Psalm of David; Psalm 34** <sup>1</sup> ***I will bless the Lord at all times***; His **praise** shall continually be in my mouth. <sup>2</sup> My soul shall make its boast in the Lord... <sup>3</sup> Oh, magnify the Lord with me, and let us exalt His name together. <sup>4</sup> I sought the Lord, and He heard me, and **delivered me from all my fears**... <sup>7</sup> The angel of the Lord encamps all around those who fear Him, and delivers them. <sup>8</sup> ...Blessed is the man who trusts in Him! NKJ ...<sup>15</sup> The LORD watches over those who do what is right, and he hears their prayers... <sup>17</sup> ***Pray to the LORD***, and he will hear you. ***He will save you from all your troubles***. <sup>18</sup> ***The LORD is close to those who have suffered disappointment. He saves those who are discouraged***. <sup>19</sup> Good people might have many problems, but ***the LORD will take them all away***. ERV

Notice that this Psalm begins with David's **decision** to bless and praise the Lord at all times, and ends with David's faith that God is close to those who have suffered disappointment and He saves those who are discouraged!

**Psalm 9** <sup>9</sup> Many people are *suffering — crushed by the weight of their troubles*. But the LORD is a *refuge for them, a safe place they can run to*.  
<sup>10</sup> LORD, those who know your name come to You for protection. And when they come, *You do not leave them without help*. ERV

**Hebrews 12** <sup>3</sup> *Keep your mind on Jesus...* then you won't get *discouraged* and give up. CEV

*How does the enemy try to draw your mind away from Jesus?*

### **WE NEED EACH OTHER'S ENCOURAGEMENT!**

**II Corinthians 13** <sup>11</sup> Be joyful... *Encourage* each other. NLT

**I Thessalonians 5** <sup>11</sup> *Encourage* each other and build each other up. NLT

*What can we do to encourage each other and build each other up?*

**Ephesians 4** <sup>29</sup> Let everything you say be good and helpful, so that your *words will be an encouragement* to those who hear them. NLT

*What words can we use to be an encouragement?*

*(Scripture, prophecy, kind words, our testimony, prayer:  
to release God's angels and bind demonic discouragement)*

**Praying for each other and speaking words of faith brings encouragement:**

**Romans 1** <sup>9</sup> For God is my witness... that without ceasing I make mention of you always in my *prayers*... <sup>11</sup> For I long to see you... <sup>12</sup> **...that I may be encouraged together with you by the mutual faith both of you and me.** NKJ

Let's *pray in groups of three* to encourage each other by our mutual faith!

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- ✓ Did you share the vision and mission of COTR and the Rock Groups?
- ✓ Prayer, Ministry time, and Fellowship
- ✓ Prayer for COTR Leadership
- ✓ “Empty Chair” Prayer - encourage group to **invite someone new next time**
- ✓ Did everyone complete the sign-in form?

 Remember to complete the **online report** and **attendance** for the meeting soon