

“Why So Downcast? How to Overcome Discouragement”

Greg Wendschlag March 31, 2019

Psalms of the Sons of Korah – Ps. 42, 44-49, 84-85, 87-88 (likely 43)

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him my Savior and my God.” Ps. 42:5, 11; 43:5

Downcast – discouraged, to bring down, melt away

Disturbed – moan loudly, snarl, be stormy

I get discouraged when....

Everything in life will occur in one of two ways:

1. Things we **cannot control.**
2. Things we **can control.**

Identifying what discourages us and why will lead us to the right choices to make to overcome the discouragement.

Choices to make when things are beyond your control

1. Think about what is **true** instead of how you feel.

“Put your hope in God...”

“Let your light and your truth guide me; let them bring me to your holy mountain, to the place where you dwell. Then I will go to the altar of God, to God my joy and my delight.” Ps. 43:3-4

2. Think about God’s **blessings** instead of the trial.

“Yet I will praise him...”

“Clap your hands, all you nations; shout to God with cries of joy. How awesome is the Lord Most High!” Ps. 47:1

3. Think about the **eternal big picture** instead of the temporary pain.

“My Savior and my God...”

“Be still and know that I am God...” Ps. 46:10

Choices to make when things are within your control

1. **Resist** the **victim mindset**. Own your behavior and avoid blaming.

“See, I am setting before you today a blessing and a curse –the blessing if you obey the commands of the Lord your God that I am giving you today; the curse if you disobey the commands of the Lord your God...” Dt. 11:26 (Dt. 28)

2. **Repent** and return to **obedience**.

“Fix these words of mind in your hearts and minds...Teach them to your children, talking about them when you sit at home and then you walk along the road, when you lie down and when you get up.” Dt. 11:18-19

3. **Remember** what used to give you **joy**.

“These things I remember as I pour out my soul; how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng.” Ps. 42:4

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“God is our refuge and strength, an ever present help in trouble. Therefore we will not fear...” Ps. 46:1