

Coach House Church BEACONS

DEPRESSION AND DISCOURAGEMENT

18TH FEBRUARY 2021

It's good to listen to yourself think. I try to regularly. Separate yourself from your own reasoning and ask yourself, why am I thinking this way? Is it really the right way to be thinking?

My name's Jamie and welcome to this Coach House Beacon.

"Why are you down in the dumps, dear soul? Why are you crying the blues? Fix my eyes on God— soon I'll be praising again. He puts a smile on my face. He's my God. When my soul is in the dumps, I rehearse everything I know of you," (see Psalm 42:5-6)

This passage raises an important question for me and for each one of us... "why are you down in the dumps?" Take a moment with me to think about it and answer this question.

The Bible tells us, "Think of all the hostility he endured from sinful people; then you won't become weary and give up. After all, you have not yet given your lives in your struggle against sin." (Hebrews 12:3)

Don't let discouragement settle down inside of you. This is an incredibly hard lesson for me to learn. Beneath this chest puffed, deep breathing, manly exterior you know as Jamie, is a gentle and very sensitive soul. One that takes a lot of things to heart. I really struggle to get my heart and mind out of feeling low, after someone says a sly comment, or someone says I'm not doing a good job or working hard enough.

Jesus bore everything, including discouragement, so that we could stand victorious in the face of this temptation called getting discouraged and giving up. When life discourages or seems to defeat you, God says to you, "take courage"!

In case no one else ever says it to you, I will...have Courage! Advance, Persevere, finish the race in His strength!

Why are you feeling worried? Maybe you're like me...we often ask God a lot of "whys"...

Why is this happening? Why this illness? Why this suffering? Why this trial? Why this loneliness?

I believe that these fully transparent, honest questions we ask God are legitimate. We're suffering and want to know the reason why. But often, God doesn't give us all the answers, so we internalise our questions in the form of discouragement and dejection.

We learnt a lot about this at last weeks Catalyst service. You must, if you can join us on a Sunday night, as it is a great place to get those niggling questions answered, hopefully, with people who have thought or questioned the same thing.

David himself wrote, "Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and my God!" (see Psalm 43:5)

When the soul is cast down and sad, this internal discouragement leads to external consequences: grievances and complaints like, "I'm not happy, my life is miserable, what good is living anyway?" But remember this: the problem doesn't disappear when you complain. In fact, it just makes it grow worse. Here's a passage that I hope will encourage you as much as it encourages me: "I will climb up to my watchtower and stand at my guardpost. There I will wait to see what the Lord says and how he will answer my complaint. then the Lord said to me, "Write my answer plainly on tablets, so that a runner can carry the correct message to others. This vision is for a future time. It describes the end, and it will be fulfilled. If it seems slow in coming, wait patiently, for it will surely take place. It will not be delayed." (Habakkuk 2:1-3)

Taking a quick look at your life today, what are you placing your hope in? Whom or what do you rely on to respond to your needs? Yourself? Your spouse? Your bank account? Your boss?

I don't know your situation, but I am certain of one thing, and it always take me time to remember this: every time, it's better to hope in God. He knows how to reward those who rely on Him.

Here's what the Bible tells us: "And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him." (Hebrews 11:6)

He can provide for all our needs. Absolutely all. His heavenly account has an unlimited supply. Today, you can hope in Him more than in anything or anyone else. Yes, count on the One whose resources are...uncountable!

The Bible also says, "It is better to trust in the Lord Than to put confidence in princes." (Psalm 118:9)

Why hope in God? Because "God is not a man, so he does not lie. He is not human, so he does not change his mind. Has he ever spoken and failed to act? Has he ever promised and not carried it through?" (Numbers 23:19)

God does not lie and does not waiver from His Word or from His promises for your life. What He has said, He will certainly do...you can be sure of it. I encourage you to not doubt but to enter fully into what He wants for you by hoping and believing in Him!

Why not today exchange your complaints with praise...But why, you may ask? Here's what the Word of God says: "But You are holy, Enthroned in the praises of Israel." (see Psalm 22:3)

God creates a throne of our praises. There, where we praise Him, He reigns in victory. Praising God changes our state of mind.

"Yet I still dare to hope when I remember this: The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.." (see Lamentations 3:21-23)

David understood...he could have succumbed to discouragement in the midst of his family problems, Saul's rejection, and all the scheming and mockery of his enemies. But David knew that God was good, and he chose to bring this truth into remembrance until it was fully revealed in his life.

So, it's time to change the subject...! Choose to praise rather than complain, and watch God act...! Thank Him for all of His benefits, and you won't have time to complain any longer!

Sometimes, our life is like a desert...we find ourselves caught between two sand dunes, no provision in sight, with a problem that threatens to burn us unless we can find shade.

But the good news is that God makes a river in the desert: "Then the Angel showed me the Water-of-Life River, crystal bright. It flowed from the Throne of God and the Lamb, right down the middle of the street. The Tree of Life was planted on each side of the River, producing twelve kinds of fruit, a ripe fruit each month. The leaves of the Tree are for healing the nations." (see Revelation 22:1-2)

Let the river of God flow over you, wave after wave, deep unto deep, and let it wash away all sources of discouragement. God's wave is more powerful than any wave of discouragement.

Remember that compared to God's greatness, anything that oppresses us is tiny. You don't need to be discouraged any longer. The Lord is here! Let His waves of love pass over you.

Lets Pray... "Lord, in the midst of all the waves crashing down on me...like discouragement, worry, injustice...I choose to turn towards You. I choose to cry out to You rather than complain. I turn my gaze upon You to receive a fresh and powerful wave of encouragement, healing, restoration, and forgiveness. I praise Your name, Lord! Thank You for never letting me fall. I love You. In Your name, amen."



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