

Defeat Discouragement With The Strategy Of Joy

1 Sam 30:6 Now David was greatly distressed, **but David strengthened and encouraged himself in the Lord His God.**

1. Repeated Encounters In His Presence Lifts Us Above Discouragement

Ps 16:11 In Your presence is fullness of joy.

Ps 31:20 You hide them in the shelter of your presence, safe from those who conspire, and scheme against them. You shelter them in your presence, far from accusing tongues.

Ps 61:2-3 **When my heart is overwhelmed;** Lead me to the rock that is higher than I [a rock that is too high to reach without Your help]. 3 For you are my safe refuge, a fortress where my enemies can't reach me.

Ps 27:5-6 **He will conceal me** there when troubles come; He will hide me in his sanctuary. **He will place me out of reach on a high rock. 6 Then I will hold my head high above my enemies who surround me. At his sanctuary I will offer sacrifices with shouts of joy, singing and praising the LORD with music.**

Is 61:3 The garment of praise for the spirit of heaviness;

2. Remembering He Can Be Relied Upon Breaks Discouragement

Heb 11:11 Because **Sarah considered Him who had given her the promise to be reliable, faithful, and true [to His word].**

- He's faithful, reliable, dependable, and always trustworthy.

Heb 10:23 Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep His promise.

2 Tim 2:13 If we are unfaithful, He remains faithful, for He cannot deny who He is.

Ps 27:13-14 I would have lost heart, unless I had believed that I **would see the goodness of the LORD in the land of the living.** 14 Wait for the Lord; be strong and take heart and wait for the Lord.

Num 23:19 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?

3. The Word Brings Victory, It Fills Our Hearts With Joy And Courage

1 Sam 30:8, 18-20 **He answered him, "Pursue, for you shall surely overtake them and without fail recover all."** 18 So David recovered all that the Amalekites had carried away 19 **and nothing of theirs was lacking,** either small or great, sons or daughters, spoil or anything which they had taken from them; David recovered all. 20 **So David also captured all the enemy had.**

Rom 15:13 I pray that God, the source of hope, **fill you completely with joy** and peace **because you trust in Him.** Then **you will overflow with confident hope through the power of the Holy Spirit.**

Neh 8:10 "Don't be sad because the joy of the LORD is your strength."

Heb 6:10 Look to Jesus, the author and finisher of *our* faith, **who for the joy that was set before Him endured the cross,** despising the shame, and has sat down at the right hand of the throne of God.

2 Cor 2:14 **But I thank God, who always leads us in victory because of Christ.** Wherever we go, God uses us to make clear what it means to know Christ. It's **like a fragrance (of victory) that fills the air.**

Ps 28:7 The LORD is my strength and protection. I trust him with all my heart. He helps me, and **my heart is filled with joy. I burst out in songs of thanksgiving.**

Phil 4:4 Always be full of joy in the Lord. I say it again—rejoice!