



Dealing With Discouragement

Clay Bond

*God is our refuge and strength,
a very present help in trouble.*

Psalms 46:1

Many of us have experienced feelings of disappointment, disheartenment, loss of hope and lack of confidence. At times discouragement is so severe we feel like we're drowning and cannot escape.

Often we try to deal with life's disappointments on our own and become even more discouraged when our efforts fail. King David is a prime example of one who faced discouragement from every source imaginable; loss of loved ones, failed relationships, betrayal, his own sin, David faced it all! Naturally, there were times that David was discouraged (Psalms. 27:13-14), but the one thing David knew was who to turn to for help; "Let thine hand help me; for I have chosen thy precepts" (Psalms. 119:173). He believed that "God is our refuge and strength, a very present help in trouble" (Psalms. 46:1).

Our feelings of disappointment, disheartenment, depression and despair can only be remedied with God's help. When our heads are hanging low, when things are not going well and when everything seems to be falling apart, the Lord can lift up our head (Psalms. 3:3). Jesus said, "Come unto me, all

ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light" (Matthew. 11:28-30).

The truth is, we will experience trouble and face discouragement as long as we live. There is no escape from the difficulties of life, but we can face all that we must face without losing heart or being overwhelmed by discouragement. We can turn to the Lord for help, "Casting all your care upon him; for he careth for you" (1 Peter. 5:7). As Christians we face the same problems and challenges as everyone else in the world, but we have the comfort of not facing them alone (Hebrews. 13:5-6). We can do "all things through Christ which strengtheneth" us (Philippians.4:13).

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