



HELPING HEARTS THAT ARE **DISCOURAGED**

Luke 18:1-8

One of the most common things we face is that of discouragement. The expressions often found in the Bible are "lost heart" or "grow weary" (Mt 11:28; Lk 18:1; Gal 6:9; 2 Cor 4:6; 2 Thes 3:13; Heb 12:3). We simply say, "I'm tired."



The Causes of Discouragement

- Being _____ with what has to be done
- Feeling _____ (Elijah syndrome—1 Kings 19:9-10)
- Seeing others making _____ choices
- _____ news (Josh 7:5 their hearts _____)
- Feeling that no one _____
- Things do not go _____

One can become discouraged in a number of areas: Our jobs, our marriages, the church, politics, where we live.

- _____ can be discouraged
- _____ can be discouraged

Luke 18:1-8

Now He was telling them a parable to show that at all times they ought to pray and not to lose heart, ²saying, "In a certain city there was a judge who did not fear God and did not respect man. ³There was a widow in that city, and she kept coming to him, saying, 'Give me legal protection from my opponent.' ⁴For a while he was unwilling; but afterward he said to himself, 'Even though I do not fear God nor respect man, ⁵yet because this widow bothers me, I will give her legal protection, otherwise by continually coming she will wear me out.'" ⁶And the Lord said, "Hear what the unrighteous judge said; ⁷now, will not God bring about justice for His elect who cry to Him day and night, and will He delay long over them? ⁸I tell you that He will bring about justice for them quickly. However, when the Son of Man comes, will He find faith on the earth?"

3. _____ your spirit (1 Sam 30:6; 2 Cor 4:16))
4. _____ powerful spiritual habits (Lk 18:1)
5. _____ with others who will help you (2 Cor 7:6)

The Impact of Discouragement

Most do not stay discouraged. They do what they have to in order to find relief, happiness and satisfaction

- Loss of _____
- Desire to _____, _____ and give up (Ezra 4:4)
- Feeling of _____

A. **In the Lord's Parable the widow had two sources of discouragement.** What were they: _____

- She is a woman, a w_____ and a s_____
- She has no one to help her or be an advocate for her
 - Does God have to be begged by us?
 - Does God want to get rid of us?
 - Do we bother God?

B. **Contextually, this is connected with the fall of Jerusalem (17:32-37)**

- Will not God for His elect?

Overcoming Spiritual Weariness

1. Realize no one can do it _____ (Mk 14:8)
2. Remember the goal of _____ the Lord