



OVERCOMING

DISAPPOINTMENT
FRUSTRATION &
DISCOURAGEMENT

Hebrews 12:1-17

OVERCOMING

DISAPPOINTMENT, FRUSTRATION, & DISCOURAGEMENT



- ❖ **Disappointment n 1:** a feeling of dissatisfaction that results when your expectations are not realized; [syn: letdown]
- ❖ **Frustration n 1:** the feeling that accompanies an experience of being thwarted in attaining your goals [syn: defeat]
- ❖ **Discouragement n 1:** the feeling of despair in the face of obstacles [syn: disheartenment, dismay]

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THE DEVIL'S TOOL SALE

“There's an old fable that says the Devil once held a sale and offered all the tools of his trade to anyone who would pay their price. They were spread out on the table and each one labeled. Hatred, malice, envy, despair, sickness, sensuality -- all the weapons that everyone knows so well. But off to one side lay a harmless looking wood-shaped instrument marked “discouragement.” It was old and worn looking but it was priced far above all the rest. When asked the reason why, the Devil replied, “Because I can use this one so much more easily than the others. No one knows that it belongs to me, so with it I can open doors that are tightly bolted against the others. Once I get inside I can use any tool that suits me best.” (From Bible Illustrator)



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Universal Problems ...

- No one is exempt!
- Even great men of God became discouraged at times!
- We may not choose our circumstances, but we always choose how we respond to our circumstances!

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Discouragement can take on many forms and has many causes.

- Family Concerns
- Financial Concerns
- Yielding to Temptation
- Enemies / Persecution
- Injustice / Evil Surroundings
- Friends / Brethren
- Perceived Failure / Lack of success / Obstacles
- Sickness / Disabilities / Aging
- Loss / Loneliness
- Fighting Spiritual Battles

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Hebrews 12:1–17 (NKJV)

¹ Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us run with endurance the race that is set before us, ² looking unto 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. ³ For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.

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Hebrews 12:1–17 (NKJV)

⁴ You have not yet resisted to bloodshed, striving against sin. ⁵ And you have forgotten the exhortation which speaks to you as to sons: *“My son, do not despise the chastening of the Lord, Nor be discouraged when you are rebuked by Him; ⁶ For whom the Lord loves He chastens, And scourges every son whom He receives.”* ⁷ If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? ⁸ But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons.

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Hebrews 12:1–17 (NKJV)

⁹ Furthermore, we have had human fathers who corrected *us*, and we paid *them* respect. Shall we not much more readily be in subjection to the Father of spirits and live? ¹⁰ For they indeed for a few days chastened *us* as seemed *best* to them, but He for *our* profit, that *we* may be partakers of His holiness. ¹¹ Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it. ¹² Therefore strengthen the hands which hang down, and the feeble knees, ¹³ and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed.

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Hebrews 12:1–17 (NKJV)

¹⁴ Pursue peace with all *people*, and holiness, without which no one will see the Lord: ¹⁵ looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled; ¹⁶ lest there *be* any fornicator or profane person like Esau, who for one morsel of food sold his birthright. ¹⁷ For you know that afterward, when he wanted to inherit the blessing, he was rejected, for he found no place for repentance, though he sought it diligently with tears.

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CONSIDER

- Examples : “we are surrounded by so great a cloud of witnesses” (12:1)
- JESUS : “looking unto Jesus, the author and finisher of our faith” (12:2,3)
- Things could always be worse : “You have not yet resisted to bloodshed, striving against sin” (12:4)
- You are loved : (12:5,6)
- The benefit of trials (12:7-11)
- The value of our inheritance : (12:12-17)

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Examples : “so great a cloud of witnesses” (12:1)



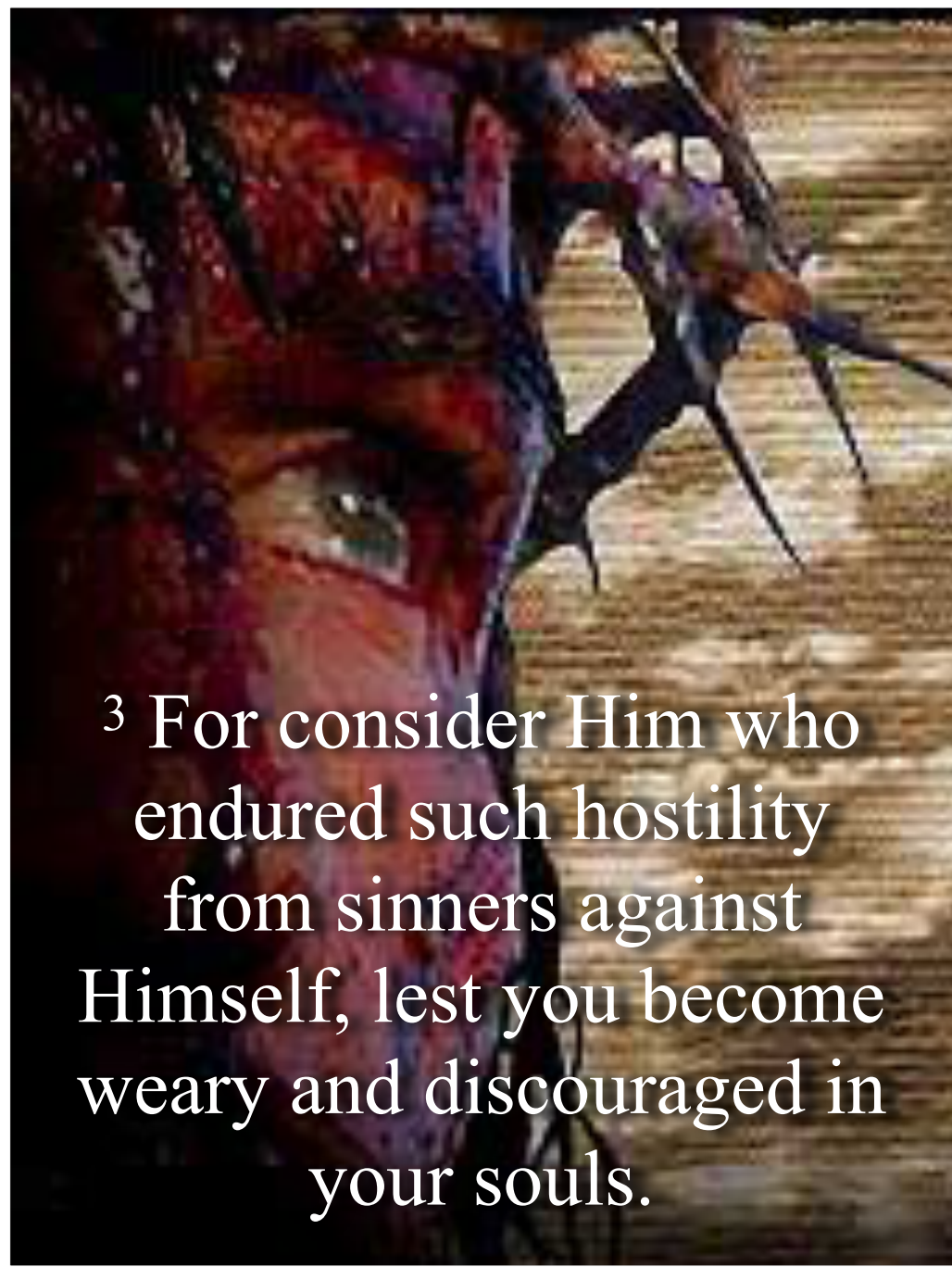
¹ Therefore we also, since we are surrounded by so great a cloud of witnesses

- **Job** (Job 1:20-22; 2:10)
- **Moses** (Ex. 17:4; Num. 16:1-4; 20:3-11)
- **Elijah** (1 Kings 19:4-18)
- **Judah** (Ezra 4:1-5; Neh. 4:1-10)
- **Peter** (Mat. 26:69-75 ; Lk. 22:32; John 21:15-22)
- **Paul** (2 Cor. 4:16-5:8; 11:22-33; 12:7-10; 2 Tim 4:14-17)
- **Jesus** (Mat. 4:1-11; 26:36-46; Luke 22:40-46; Heb, 12:1-3)

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JESUS : “author and finisher of our faith” (12:2,3)



³ For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.

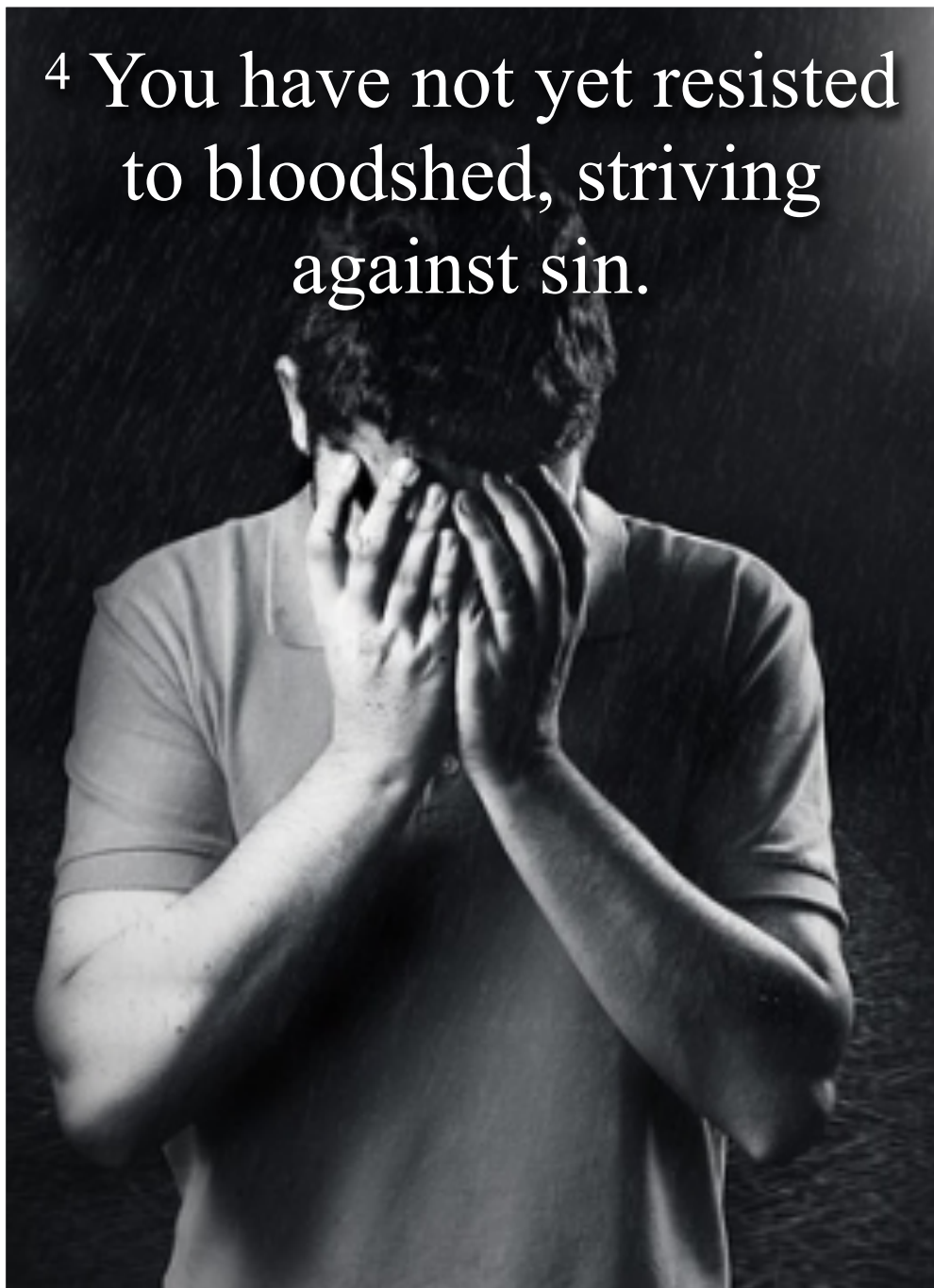
- **Consider what He gave up** (Jn. 1:1,2,14; Phil. 2:5-9; Heb 2:9-18)
- **Fully experienced what it is to be human** (Heb. 2:9,17,18; 4:15,16)
- **Experienced rejection** (Jn 6:60-66; Mat. 27:22-25; 39-43)
- **Betrayed by a friend** (Jn 6:70,71; Matt. 26:14-16)
- **Victory over death** (Mt. 28:1-10; Acts 2:24-36; 1 Cor. 15:3-8)
- **Our High Priest** (Heb. 4:15,16)

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NEVER As Bad As It Seems (12:4)

⁴ You have not yet resisted to bloodshed, striving against sin.



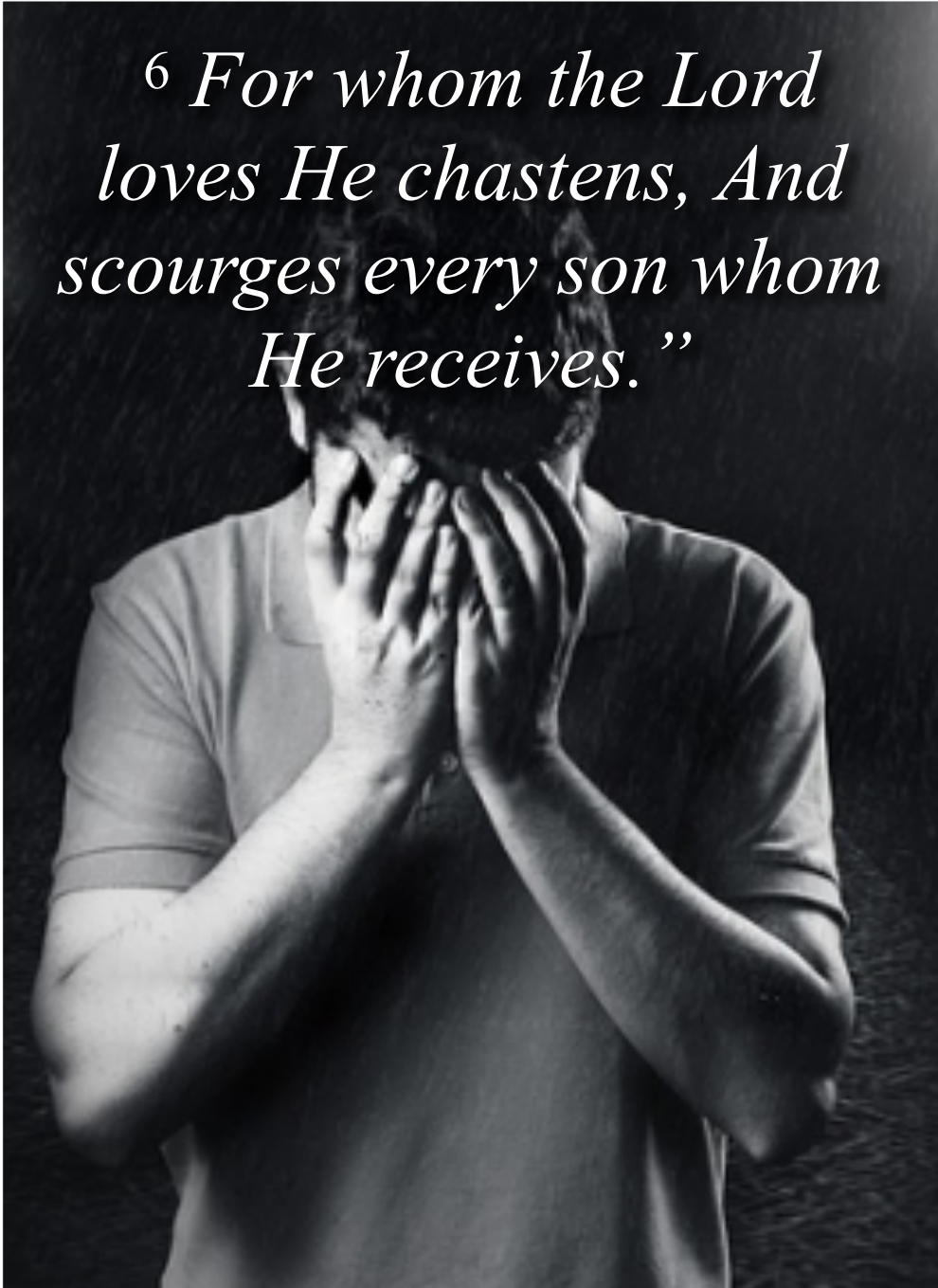
- **How many of us have suffered like Job? Noah? Elijah? Jeremiah? Paul? Jesus? Early Martyrs? (2 Cor. 11:22-33; Rev 2:10)**
- **Count your many blessings (Eph. 1:3-12; 2 Cor. 1:3-7)**
- **Regardless of how bad things may get in this life - there is always heaven (2 Cor. 4:16-5:5; 1 Pet. 1:3-9)**

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GOD LOVES YOU : (12:5,6)

⁶ For whom the Lord loves He chastens, And scourges every son whom He receives.”

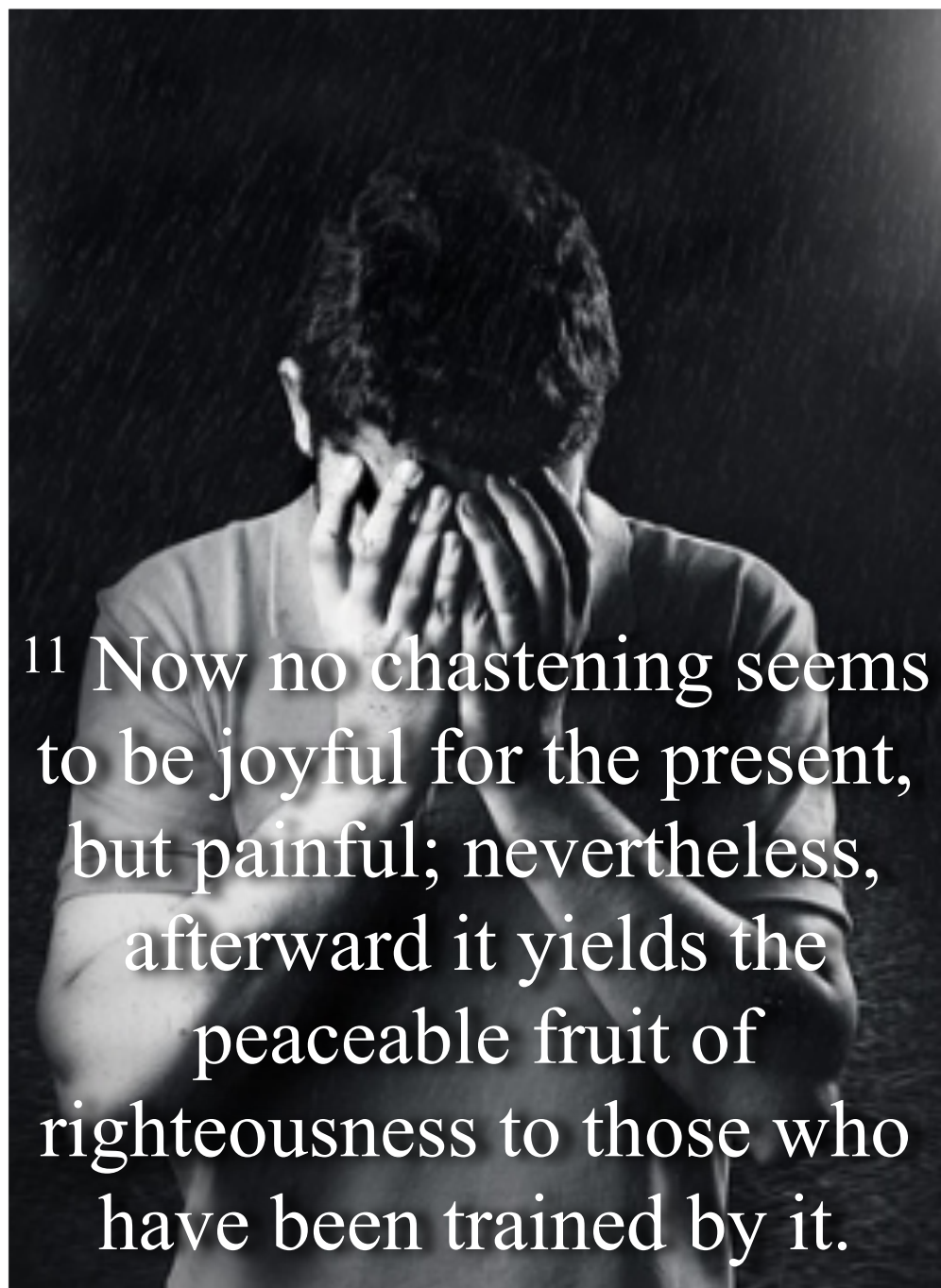


- **God gave His Son for us** (Jn 3:16; Rom. 5:8-10; 1 Jn 4:19)
- **God gives us exactly what we need and what is best for us** (Heb. 12:7-11; Ja. 1:17,18)
- **God is always aware of circumstances** (2 Chro. 16:9; Heb. 4:13; 1 Cor. 10:13)
- **Men may forsake us, but God NEVER will** (Heb. 13:5,6; Ro. 8:28-31; 1 Pet. 5:7)

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Knowing Benefit of Trials : (12:7-11)



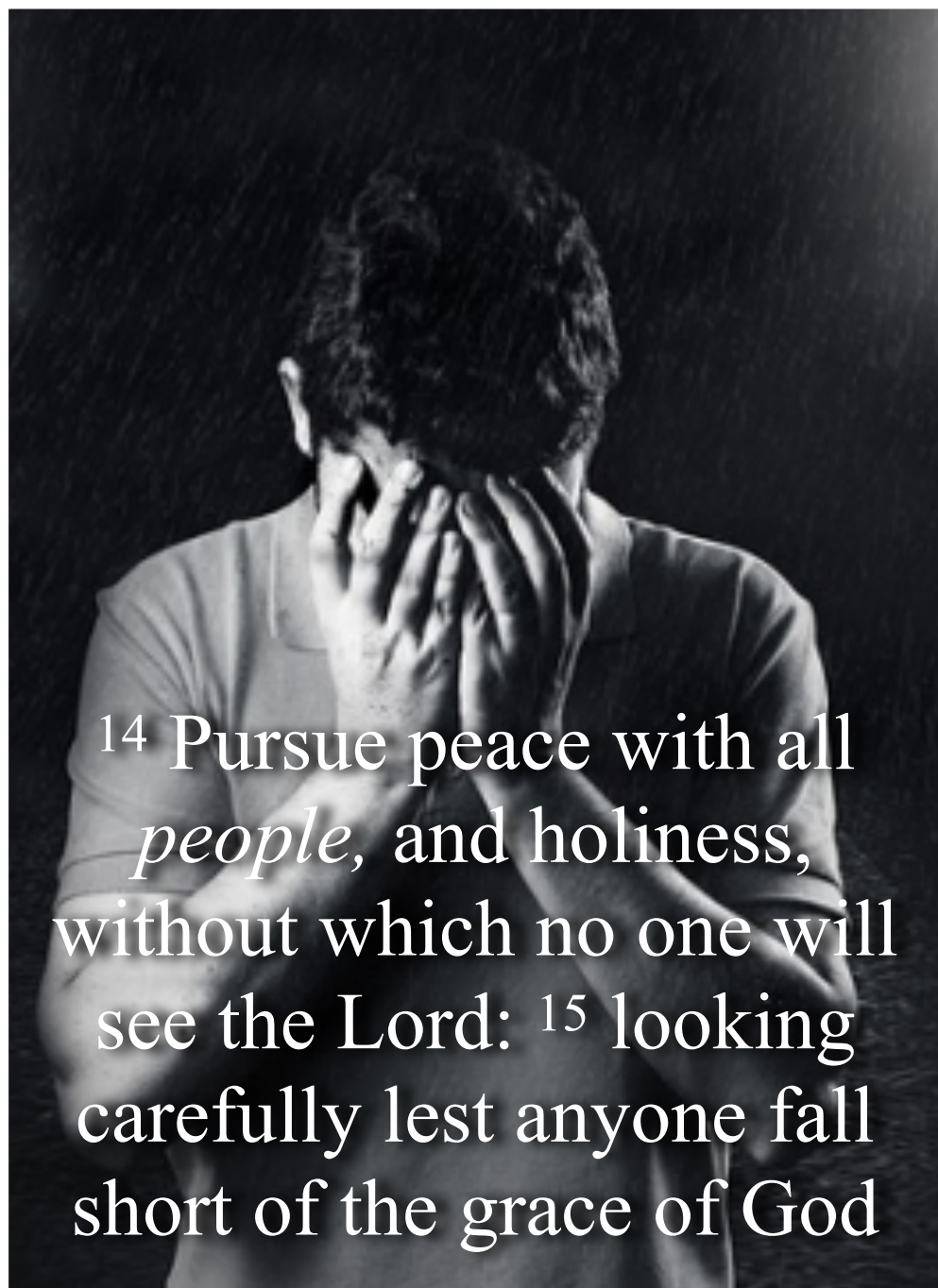
¹¹ Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.

- **Testing is necessary for growth** (Heb. 12:11; Rom. 5:3,4; Jam. 1:3,4; 5:11)
- **Our faith can grow stronger with every trial overcome** (Heb. 12:11; 1 Pet. 4:12-19; 5:10; Acts 14:22; Ep. 6:10-18)
- **Hardship in this life helps us look with greater anticipation to heaven** (2 Cor. 4:16-5:4)

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Value Our Inheritance : (12:12-17)



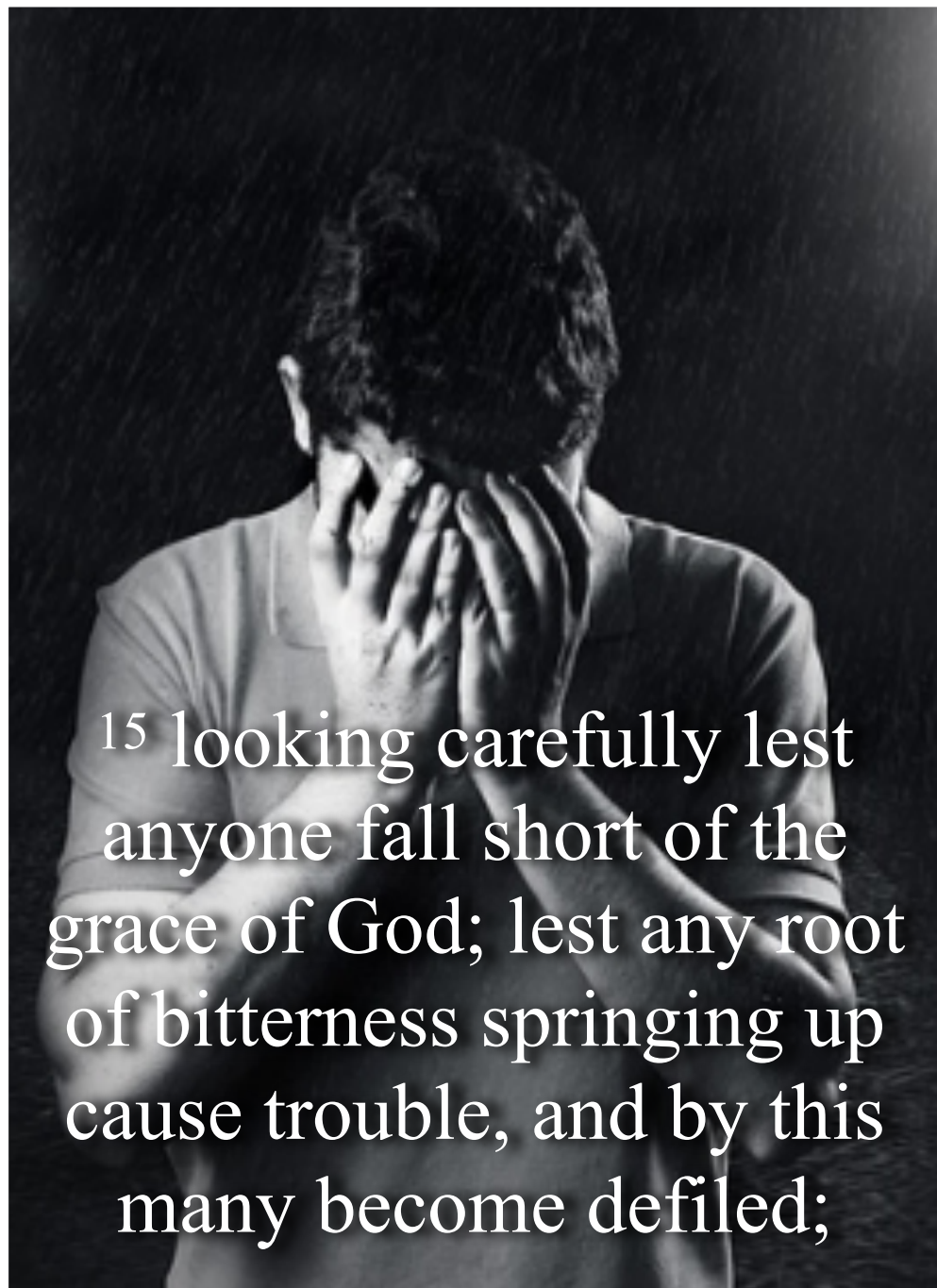
¹⁴ Pursue peace with all *people*, and holiness, without which no one will see the Lord: ¹⁵ looking carefully lest anyone fall short of the grace of God

- Be encouraged and strengthened that we may move forward towards our **eternal home** (Heb. 12:12-14; 1 Pet. 1:5-11; 1 Cor. 15:58)
- Don't be like Esau and forfeit **your inheritance** (Heb. 12:11; Rom. 5:3,4; Jam. 1:3,4; 5:11)
- There is **NOTHING** in this world worth losing heaven for! (Mat 16:24-26)

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WRONG WAYS TO REACT



¹⁵ looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;

- **Becoming angry with God** (Jam. 1:19,20)
- **We must not become cynical** (Philippians 4:13; 2 Tim. 4:2-4)
- **Quitting** (Num. 13,14; Heb. 4:11; 6:9-12; 10:32-36)
- **Lose confidence in the truth & power of the gospel.** (Mat. 7:13; Mark 16:16; Rom. 1:16; John 6:26; 2 Tim. 4:2-4; 1 Cor. 3:6; Isa. 55:11)

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Hebrews 12:1-17

CONSIDER EXAMPLES OF FAITH : (12:1)

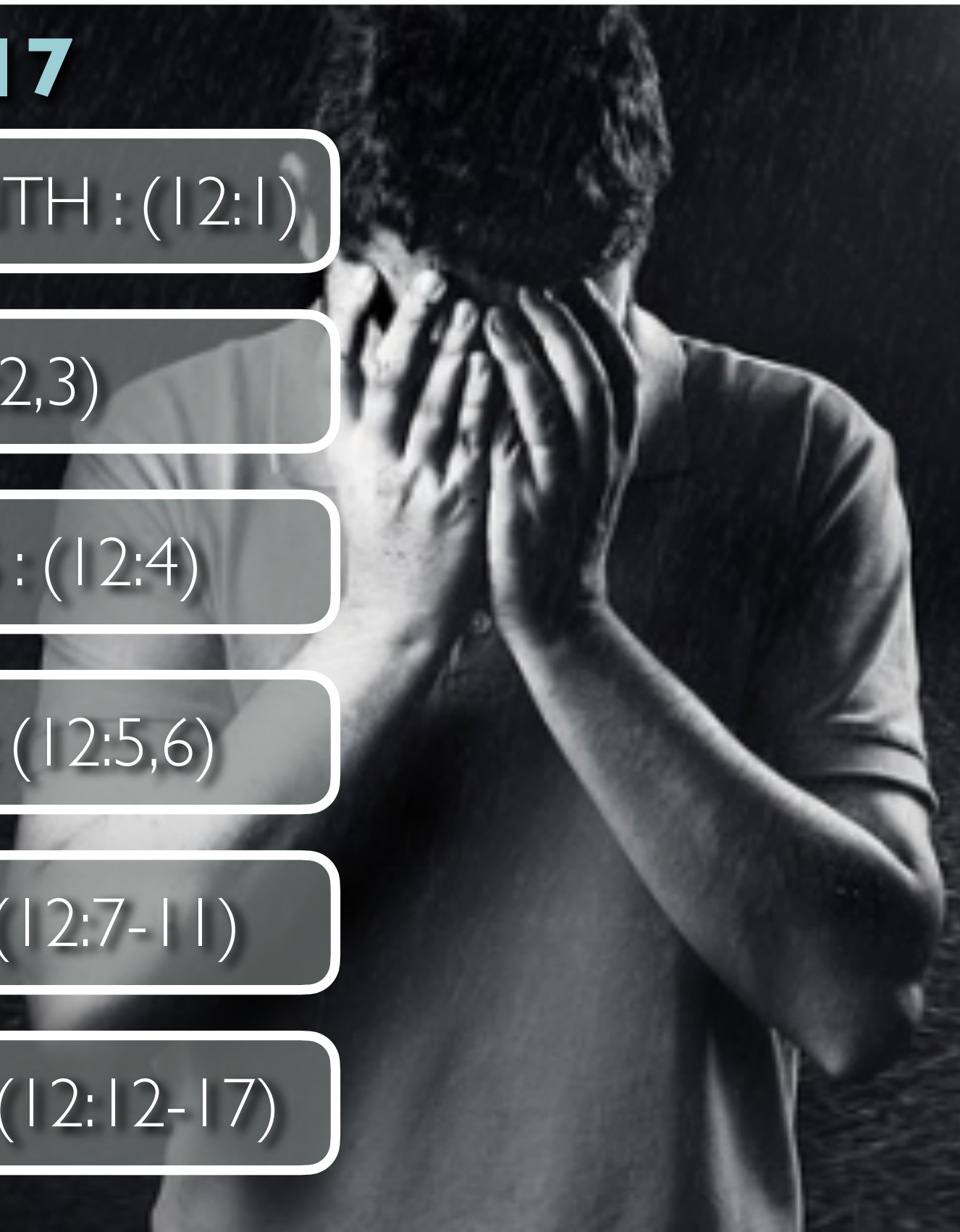
FOCUS ON JESUS : (12:2,3)

COUNT YOUR BLESSINGS : (12:4)

KNOW GOD LOVES YOU : (12:5,6)

USE TO GAIN STRENGTH : (12:7-11)

VALUE OUR INHERITANCE : (12:12-17)



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OBEY THE GOSPEL : ACTS 2:38

FOLLOW CHRIST : COL. 3:17

GROW IN CHRIST : 2 PET. 1:5-10

BE WITH CHRIST : 1 PET 1:3-9



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2 Corinthians 4:16–18 (NKJV)

¹⁶ Therefore we do not lose heart. Even though our outward man is perishing, yet the inward *man* is being renewed day by day. ¹⁷ For our light affliction, which is but for a moment, is working for us a far more exceeding *and* eternal weight of glory, ¹⁸ while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen *are* temporary, but the things which are not seen *are* eternal.



1 Kings 19:4–10 (NKJV)

⁴ But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, Lord, take my life, for I *am* no better than my fathers!" ⁵ Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise *and* eat." ⁶ Then he looked, and there by his head *was* a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. ⁷ And the angel of the Lord came back the second time, and touched him, and said, "Arise *and* eat, because the journey *is* too great for you."

1 Kings 19:4–10 (NKJV)

⁸ So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God. ⁹ And there he went into a cave, and spent the night in that place; and behold, the word of the Lord *came* to him, and He said to him, “What are you doing here, Elijah?” ¹⁰ So he said, “I have been very zealous for the Lord God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.”