

# OVERCOMING

Disappointment, Frustration & Discouragement



1 KINGS 19:1-18  
HEBREWS 12:1-5, 12-15



# 1 KINGS 19:1-4 (NKJV)

<sup>1</sup> And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. <sup>2</sup> Then Jezebel sent a messenger to Elijah, saying, "So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time." <sup>3</sup> And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there.

# 1 KINGS 19:1-4 (NKJV)

<sup>4</sup> 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!"



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 PRINCETON UNIVERSITY

**WordNet**

A lexical database for English

- ✦ 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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### 1 KINGS 19:1-18



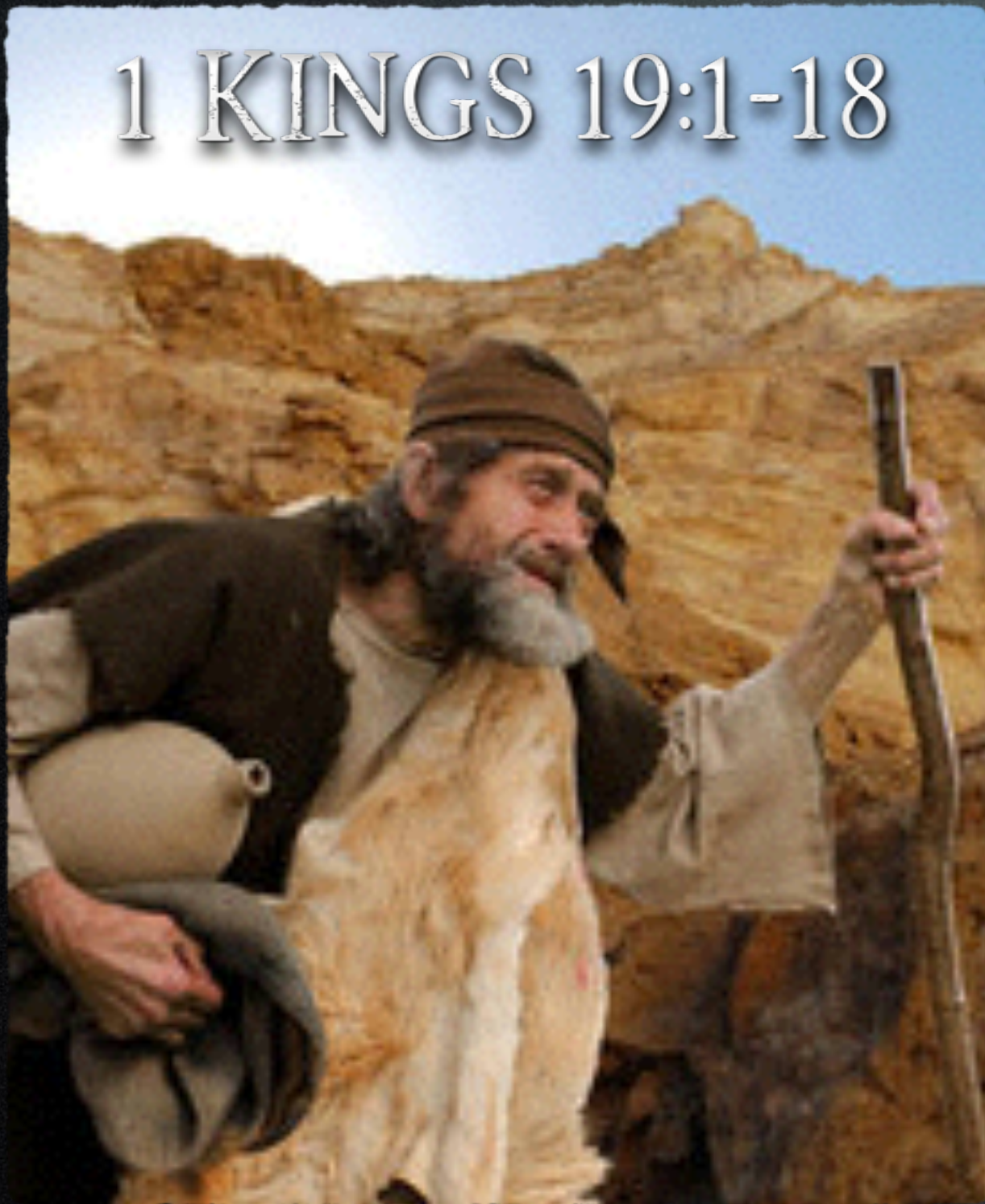
- ◆ Fed twice by an angel - 5-8
- ◆ Traveled to Mt Horeb -  
Forty days & nights without food - stayed in a cave -8,9
- ◆ After the Lord came to Elijah & ask: “What are you doing here?” God reveals His power in the wind, earthquake, fire and a still small voice - - then ask again . . . 10-13



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1 KINGS 19:1-18



1 KINGS 19:14  
(NKJV)

<sup>14</sup> And he said, “I have been very zealous for the Lord God of hosts; because 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.”



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### 1 KINGS 19:1-18



- ◆ Elijah told to get busy - 14-18
- ✧ Anoint Hazael as king over Syria. - 15
- ✧ Anoint Jehu the son of Nimshi king over Israel. - 16
- ✧ Anoint Elisha as prophet in your place. - 16
- ✧ Give them their orders - 17
- ◆ “I have reserved 7,000 in Israel,” who have not bowed to Baal, ... 18



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### 1 KINGS 19:1-18



- ✦ Elijah had forgotten the good - 1 Kings 17,18
- ✦ Elijah allowed fear of Jezebel to get to him - 19:2,3
- ✦ Elijah felt sorry for himself - he was ready to quit - 19:5
- ✦ Thought he deserved better since he had been faithful - 19:10,14
- ✦ Underestimated God & the faithful - 19:15-18



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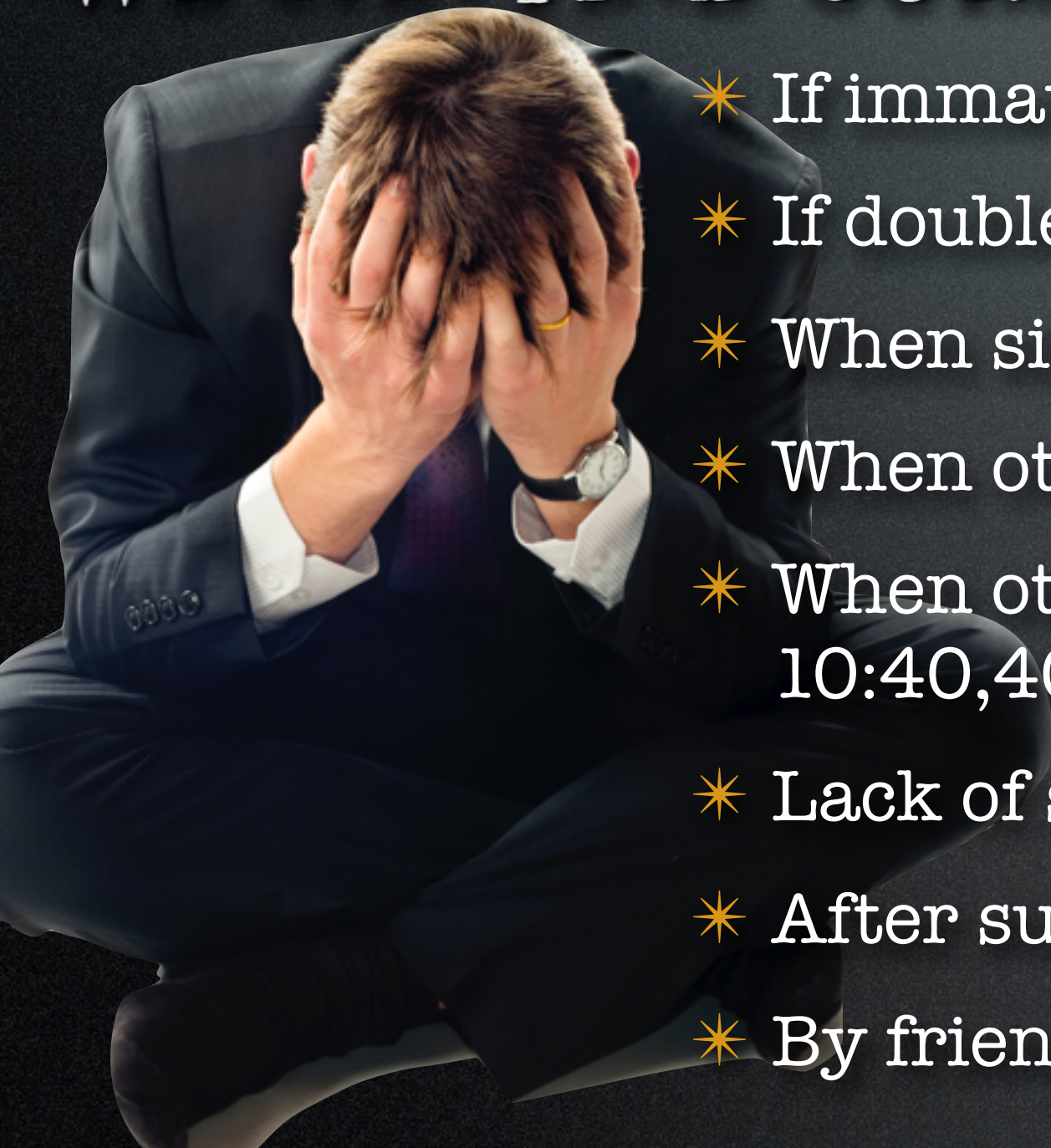
- ✦ A Part of life - Christians need to overcome! - James 1:2-5; Hebrews 12:1-15
- ✦ Discouragement is a tool of Satan to
  - ✦ Weaken our faith,
  - ✦ Hinder our service to God
  - ✦ Diminish our effectiveness
  - ✦ Divide the people of God.



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## WE CAN FIND OURSELVES DISCOURAGED



- \* If immature – Heb 5:12,13;
- \* If double minded – Mat 13:22
- \* When sin - James 4:17; Jn 8:34
- \* When others sin against us - Mt 18:15-20
- \* When others are our measure – Luke 10:40,40; Jn 21:20-22
- \* Lack of success – 2 Cor. 4:7-17
- \* After success - 1 Kings 19
- \* By friendly fire - James 3:9-18



# Doubt

Disappointment

Frustration

<sup>12</sup> Though one may be  
overpowered by another, two  
can withstand him. And a  
threefold cord is not quickly  
broken.

ECCLESIASTES 4:12  
(NKJV)

Selfishness

Pessimism

DISCOURAGEMENT



# OVERCOMING

Disappointment, Frustration & Discouragement

MANY SEEK IMMEDIATE ANSWERS FOR  
THEIR FRUSTRATIONS,  
DISAPPOINTMENTS & DISCOURAGEMENT.

## PROFESSIONAL

- Change jobs -
- Go on strike -
- Change Leader -
- Change city -

## FAMILIAL

- Change  
circumstances -
- Change spouse -
- Change town -

## SPIRITUAL

- Change Practice,  
Worship, Teaching
- Change churches
- Change preachers

IS IT POSSIBLE I AM THE ONE WHO  
NEEDS TO CHANGE?



# FAITH

Understanding

Patience

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ECCLESIASTES 4:12  
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# LOVE

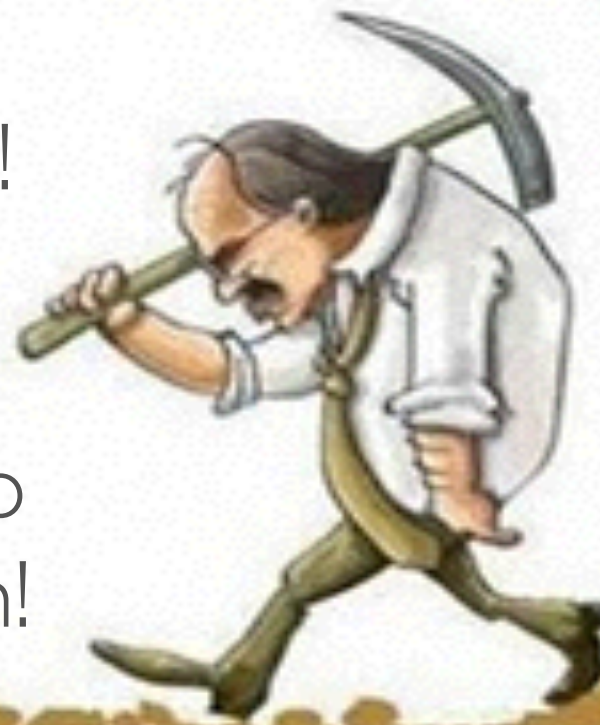
ENCOURAGEMENT

# HOPE





MANY quit too soon!  
Perseverance has great rewards!  
Satan wants to drive wedges  
between those discouraged -  
God wants those discouraged to  
join together - trust & obey Him!





# HEBREWS 12:1-5

## (NKJV)

<sup>1</sup> 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, <sup>2</sup> 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.



# HEBREWS 12:1-5

## (NKJV)

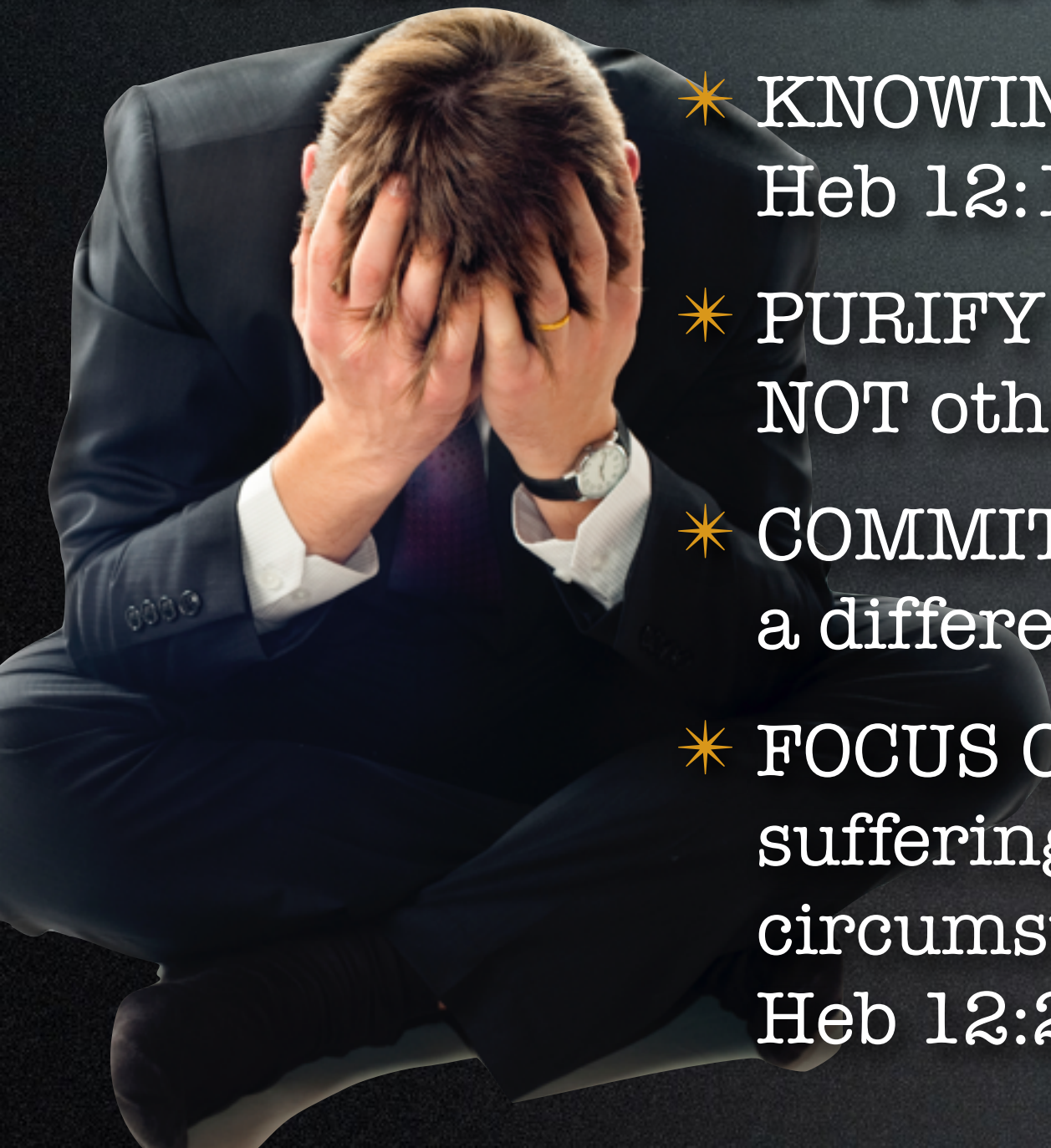
<sup>3</sup> For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. <sup>4</sup> You have not yet resisted to bloodshed, striving against sin. <sup>5</sup> And you have forgotten the exhortation which speaks to you as to sons: “My son, do not despise the chastening of the Lord, Nor be discouraged when you are rebuked by Him;



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## OVERCOME DISCOURAGEMENT BY:

- 
- ✦ KNOWING WE CAN overcome by faith - Heb 12:1; 11:1-40
  - ✦ PURIFY OURSELVES - examine SELF NOT others - Heb 12:1; 2 Cor 13:5
  - ✦ COMMIT TO THE WORK - get busy - make a difference - Heb 12:1; Jn 21:20-22
  - ✦ FOCUS ON JESUS - remember His suffering, sacrifice & VICTORY (our circumstances could be MUCH worse)! - Heb 12:2-5



# HEBREWS 12:12-15

(NKJV)

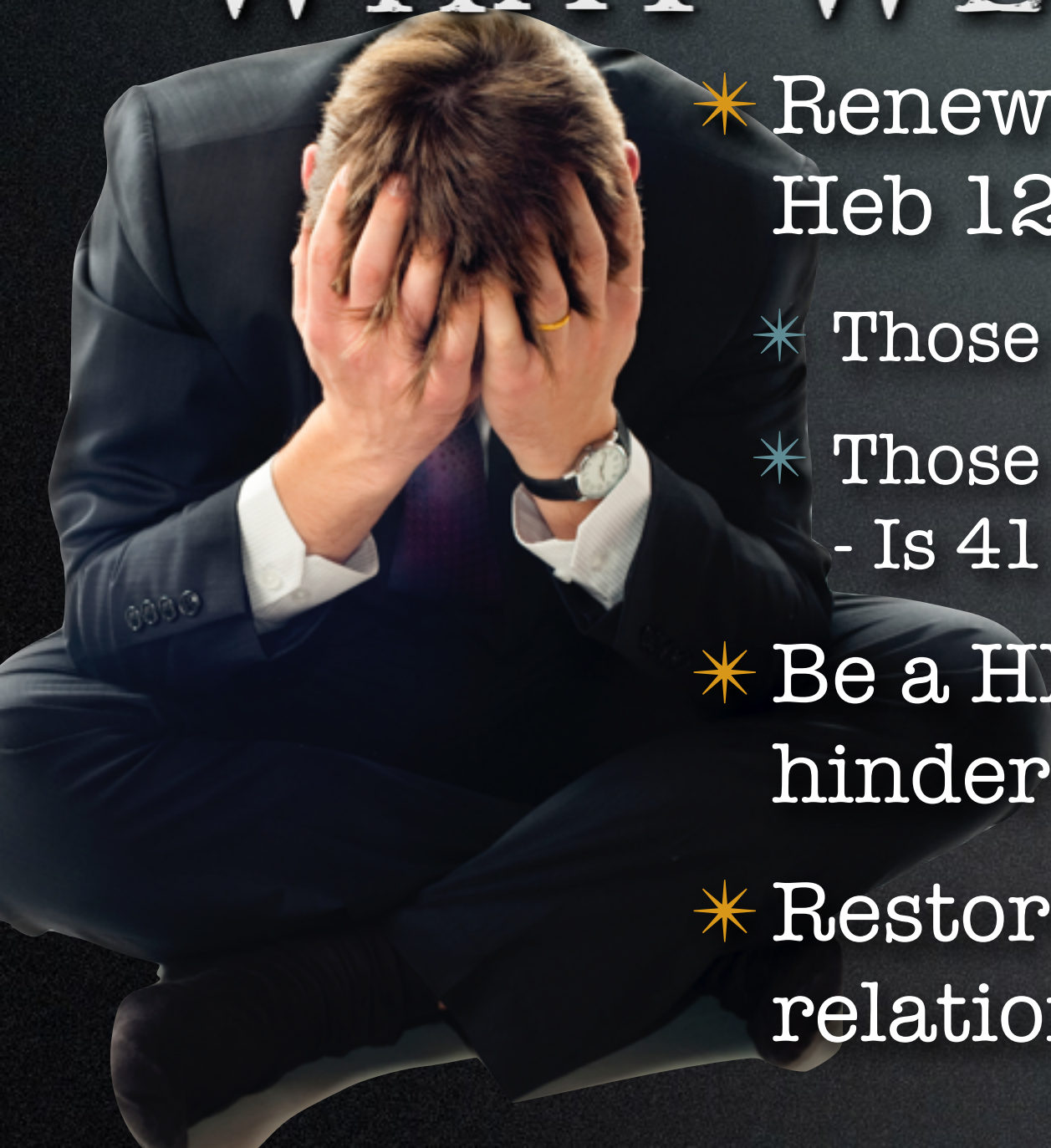
<sup>12</sup> Therefore strengthen the hands which hang down, and the feeble knees, <sup>13</sup> and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed. <sup>14</sup> Pursue peace with all people, and holiness, without which no one will see the Lord: <sup>15</sup> 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;



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## WHAT WE SHOULD DO:

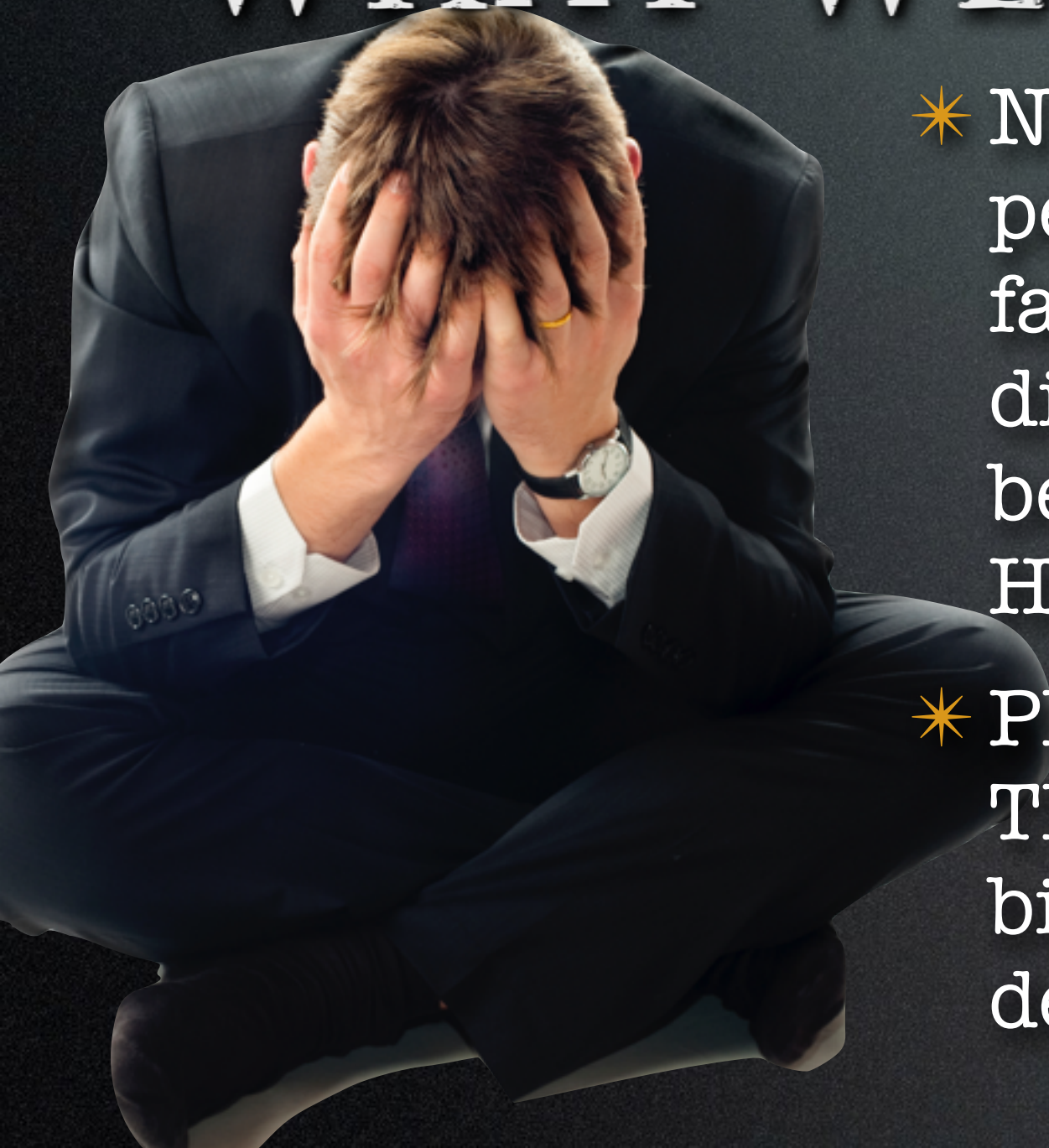
- 
- ✦ Renew our strength in the LORD - Heb 12:12; Eph 6:10-18
  - ✦ Those who wait on the Lord - Is 40:31
  - ✦ Those who come near the Lord together - Is 41:1; Heb 10:24,25
  - ✦ Be a HELP to one another NOT a hinderance - Heb 12:13
  - ✦ Restore & strengthen our relationships, be holy - Heb 12:14



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## WHAT WE SHOULD DO:



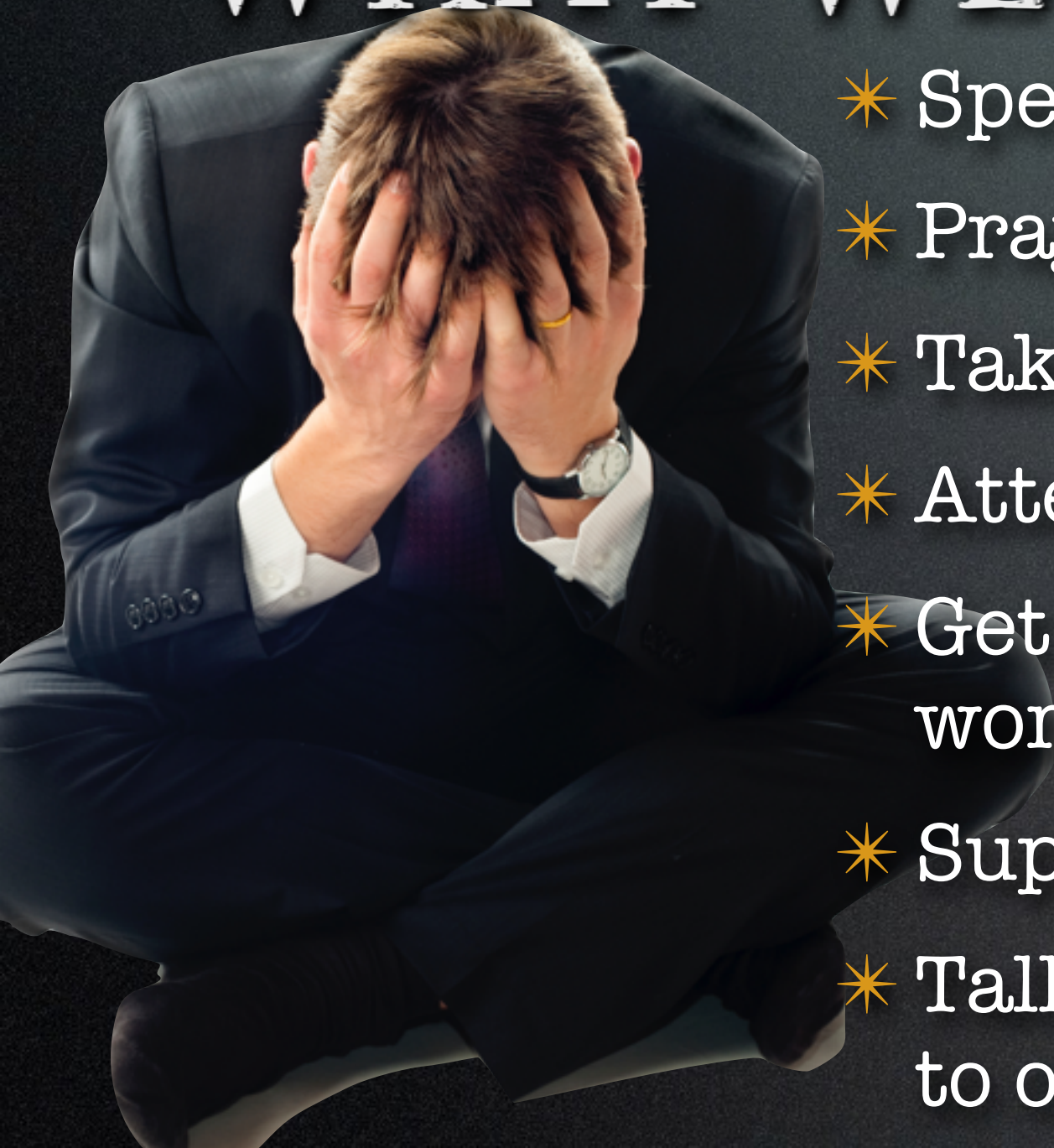
- \* NEED FOR PATIENCE - persevering through & in the face of those things that discourage us by refusing to become “weary in doing good” - Heb 12:15a; Ga 6:9; Ja 5:7-11.
- \* PREVENT, (or PUT A STOP TO), TROUBLE, by putting away bitterness so many will not be defiled - Heb 12:15b; Nu 13 & 14



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## WHAT WE SHOULD DO:



- ✦ Spend more time in God's word -
- ✦ Pray fervently for the church.
- ✦ Take responsibility personally
- ✦ Attend every service possible
- ✦ Get personally involved in the worship & needs of the church
- ✦ Support the work of the church
- ✦ Talk "UP" the work of the church to others . . .



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## WHAT WE SHOULD DO:



- ✦ Realize superficial changes WILL NOT provide in the long run what we need - if the problem is us, the problem will follow us wherever we go! - (Mat 23:23-27)
- ✦ CHANGE OUR PERSPECTIVE - Elijah's perception was his reality - but his reality was WRONG! - (cf Numb 13,14; 2 Cor 4:16-18)



# FAITH

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ECCLESIASTES 4:12  
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# LOVE

ENCOURAGEMENT

# HOPE







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### **Charts by Don McClain**

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West 65<sup>th</sup> Street church of Christ

P.O. Box 190062

Little Rock AR 72219

501-568-1062

Prepared using KEYNOTE

Email – [donmcclain@sbcglobal.net](mailto:donmcclain@sbcglobal.net)

More PPT & Audio Sermons:

[http://w65stchurchofchrist.org/donmaccla/  
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# ROMANS 15:1-7 (NKJV)

<sup>1</sup> We then who are strong ought to bear with the scruples of the weak, and not to please ourselves. <sup>2</sup> Let each of us please his neighbor for his good, leading to edification. <sup>3</sup>

For even Christ did not please Himself; but as it is written, "The reproaches of those who reproached You fell on Me."



# ROMANS 15:1-7 (NKJV)

<sup>4</sup> For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope. <sup>5</sup> Now may the God of patience and comfort grant you to be like-minded toward one another, according to Christ Jesus,



# ROMANS 15:1-7 (NKJV)

<sup>6</sup> that you may with one mind and one mouth glorify the God and Father of our Lord Jesus Christ. <sup>7</sup> Therefore receive one another, just as Christ also received us, to the glory of God.