

Dealing with Discouragement

Jeremiah 20:1-18

**You experience discouragement
when you're doing the right things,
but the outcome doesn't measure
up to what you were hoping for.**

- 1. Be honest—tell God what you're feeling.**
- 2. Be faithful—keep doing what God has called you to do.**
- 3. Be mindful—remember that God is always with you.**

Jeremiah 29:11

“For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.”

- 4. Be thankful—choose to give praise and thanks to God.**
- 5. Be prepared—recognize that those feelings of discouragement may come again.**