

# Dealing with Discouragement – Daily Exercises

*Thoughts and questions for reflection, writing, and prayer to enhance personal growth.*

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## Day 1

Think of a time when you were discouraged. What was the cause of it? How did you deal with it? What were the prevailing emotions you were feeling? Did anyone say or do anything that helped you with it? How did they help you? Feeling discouraged is something we all experience sooner or later. How we deal with it determines our level of resilience. Write out your answers to these questions.

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## Day 2

One of the most dangerous lies to believe is that the current situation we are in will last forever. The devil wants to steal your hope, because if he can get that, he can bring disillusionment and it will be much easier to tempt you to sin. If nothing else, know that eternity is waiting for you, and the only thing that matters there is who you are based on the decisions you make. You always have control over that. Write out what you are hoping for. Things that either God has promised for you, or goals you have, or things you know you have to look forward to.

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## Day 3

### Memorize

#### **PROVERBS 18:10 (NIV)**

The name of the LORD is a strong tower; the righteous run to it and are safe.

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## Day 4

What are some lies the devil tries to tell you, or you hear in your mind sometimes? What are some things you feel sometimes that discourage you, but you are not sure if they are a lie or the truth?

#### **EPHESIANS 2:10 (NIV)**

For we are God's **workmanship**, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Take some time to write out how God sees you based on this verse.

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## Day 5

One interesting aspect of life is that when we are focused on ourselves we are much more miserable than when we are focused on others. Therefore, a great way to keep yourself from becoming discouraged for long is to focus on what you can do to be a blessing to someone else. There are times when the person you are focused on lets you down or your discouragement is directly related to them. In these situations it is important to have more than a couple of people you are close to. Having someone else you can talk with when you are discouraged is also very important. Write out some things you can do for others that would make them feel special. Building relationships with others is one of the most valuable things you can do with your time and energy.

#### **LUKE 16:9 (NIV)**

I tell you, use worldly wealth to gain friends for yourselves, so that when it is gone, you will be welcomed into eternal dwellings.

In light of the truth of this verse, what changes do you need to make regarding the things you are focused on doing?