

How to Deal with Discouragement / Despair

Let us look at [1 Corinthians 2:16](#)

¹⁶ For who has known *or* understood the mind (the counsels and purposes) of the Lord so as to guide *and* instruct Him *and* give Him knowledge? But we have the mind of Christ (the Messiah) *and* do hold the thoughts (feelings and purposes) of His heart. (AMBC)

We also have the Word of God to teach us about God's promises for our life. When our thinking lines up with the Word of God, we are in a position to walk by faith and do what God is leading us to do.

When the devil lies and says you can't, remember that God's Word says you can do all things that God wants you to do through Christ who strengthens you (see [Philippians 4:13](#)). When he says it's impossible for you to do what God has put in your heart, remember that all things are possible with God (see [Matthew 19:26](#) and [Luke 18:27](#)).

Ladies and gentlemen, we all have dreams and goals we're reaching for. Unfortunately, when setbacks happen, we are NOT able to brush them off and move forward. We tend to get stuck in a place of irritation, discouragement, and doubt?

Everyone faces unexpected annoyances and disappointments, and times of trauma and loss. The devil wants to use them to discourage us and keep us from moving forward in faith, peace, hope and joy. He's a dream thief, and if he can get you to stop believing God has your back, then he can defeat you.

The Bible says in John 10:10 says, "The thief comes only in order to steal and kill and destroy. I came that they may have *and* enjoy life, and have it in abundance (to the full, till it ^loverflows). ¹¹ I am the Good Shepherd. The Good Shepherd risks *and* lays down His [own] life for the sheep. (AMBC)

Ladies and gentlemen, how we think and behave, and the words we say have a lot to do with whether we remain stuck in our problems or persevere in the plans God has for us. If you want to move forward, then you need to think like Jesus and agree with God's Word.

Recently, I had my portion of setbacks, after we married back in 2018, my wife could not join me immediately here in the United States, as a matter of facts, it took over three years for her to join me here in the United States. I knew God had chosen me to marry my wife, I even shared with a few friends who helped me through prayer and financial support the will of God for my life. I was filled with discouragements, disappointments, and trauma. While I was seeking the Lord, He helped me think positive and encouraged me to love all those who opposed me throughout the process.

Well, shortly after that happened, I felt God speak to my heart about forgiving the people who had cancelled our contract.

All the devil wanted me to do was get stuck in my anger about the injustice that had been done. But the truth was, if I would trust God and let it go, He could take it and do something with it.

By God's grace, I did let it go, and about three years later, the same people who were against started supporting our course.

Matthew 5: 43-48 declares, ⁴³ "You have heard that it was said, 'Love your neighbor and hate your enemy.' ⁴⁴ But I tell you, love your enemies and pray for those who persecute you, ⁴⁵ that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good and sends rain on the righteous and the unrighteous. ⁴⁶ If you love those who love you, what reward will you get? Are not even the tax collectors doing that? ⁴⁷ And if you greet only your own people, what are you doing more than others? Do not even pagans do that? ⁴⁸ Be perfect, therefore, as your heavenly Father is perfect.

God Is Just and His Word Is True

God has made a lot of things possible for Missions for Christ Ministries, including opportunities through our world mission's outreaches. We're currently providing food for thousands of hungry children every day, supporting efforts to church leaders achieve their God given mandates, including supporting children's homes in foreign countries, like India. Also, through social media platforms and ministry's website, we have reached over 5 million viewers worldwide.

If you will agree with God, there's nothing the enemy can do to defeat you. But you must learn to recognize the lies of Satan and stop believing him! You will need to glance at our problems and stare at Jesus. Then you can have the mind of Christ and think like God thinks.

Meditating on the following Scriptures will help combat the spirit of discouragement

[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.

[Proverbs 3:5-6](#) - Trust in the LORD with all thine heart; and lean not unto thine own understanding.

Jeremiah 29:11

[2 Corinthians 12:9](#) - And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

[John 16:33](#) - These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

[1 Peter 5:7](#) - Casting all your care upon him; for he careth for you.

[Romans 8:26](#) - Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.

[Romans 8:31](#) - What shall we then say to these things? If God be for us, who can be against us?

[Romans 15:13](#) - Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

[1 Corinthians 15:58](#) - Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

Make up your mind to shake off the lies that hold you back and have a good attitude. If you will, the devil can't defeat you. Remember: Nothing is too hard for God!