

SORROW + HOPE

SEPTEMBER 12

A STUDY OF JEREMIAH & LAMENTATIONS

Sermon Outline

How to rise above discouragement

1. Be honest

You deceived me, Lord, and I was deceived; you overpowered me and prevailed.

Jeremiah 20:7a

2. Be obedient

But if I say, "I will not mention his word or speak anymore in his name," his word is in my heart like a fire, a fire shut up in my bones. I am weary of holding it in; indeed, I cannot.

Jeremiah 20:9

3. Be watchful

All my friends are waiting for me to slip, saying, "Perhaps he will be deceived; then we will prevail over him and take our revenge on him." But the Lord is with me like a mighty warrior.

Jeremiah 20:10-11

4. Be worshipful

Sing to the Lord! Give praise to the Lord! He rescues the life of the needy from the hands of the wicked.

Jeremiah 20:13

RISE ABOVE DISCOURAGEMENT

Opening Thought

Discouragement is part of life. It makes us want to quit, makes us say things we shouldn't say, makes us shake our fists at God. That's how Jeremiah felt. God called him to speak a harsh message to a rebellious people and even though he obeyed, he was beaten and humiliated. And yet, he found a way to rise above discouragement. Will your suffering make you bitter or will it make you better?

Ice breaker

- If you had to choose a different name for yourself, what would it be?

Discussion

- What did God speak to you today through His Word?
- Who is Pashhur? What did he do to Jeremiah? What will happen to him? (Jer 20:6)
- From your observations above, why might Jeremiah be at such a low point?
- Where in your life are you facing a discouraging situation right now?
- John shared this morning that, "You learn lessons in the valley of defeat that you will never learn on the mountaintop of victory." Can you think of any examples from your own life?
- Of the four ways to rise above discouragement, which one are you doing the best at right now? Which one is the most challenging for you?

Closing

- Take your discouragement to the Lord today. He cares for you and wants to hear your honest prayers.
- Remember that the Lord is with you! Keep your eyes on him and praise him for all he does.