

# HOW

Week Four

DEALING WITH  
DISCOURAGEMENT

# DISCUSSION GUIDE

November 7/8, 2015

**BIG IDEA:** Discouragement will come, but with Jesus, we will overcome.

## GROUPS VISION

We desire everyone at Valley Creek Church to be in a small group. Groups are where we take Next Steps together on our journey with Jesus and where Group Leaders develop their Next Leaders to carry the vision to others.

## KEY VERSE

"I have told you these things, so that in me you may peace. In this world you will have trouble. But take heart! I have overcome the world."

John 16:33

## POTENTIAL NEXT STEP

Close your eyes and choose to be aware that He is here; The Holy Spirit is inside you, and just be aware of His presence. Do it in your car, at the office, the middle of a fight, or when you're all alone.

If you have not been baptized got to the class and take that next step...Jesus is Lord and I will follow.

## MAIN POINTS & SCRIPTURES

### Six steps to deal with Discouragement:

1. **Focus on your health.** When we get weary it's in rest and quietness where we find salvations and strength. **(Mark 12:30)** Our physical & spiritual health is directly connected and our significance is not in what we do rather than who we are. **(Isaiah 30:15-16)** We do not become unhealthy overnight.
2. **Be aware of God's presence.** The antidote to discouragement is His presence. **(1 Kings 19:11)** God is bigger than your circumstances. **(Joshua 1:9)**
3. **Talk to God.** Pour your heart out to God and be honest. **(1 Kings 19:9-10)** The last place we go is the first place we should come. **(Psalm 42:5)** I asked, He said, therefore I will. **(2 Corinthians 12:7-10)**
4. **Be Grateful.** Gratitude is not about changing your circumstances it's about changing you. Gratitude changes our perspective and sets us free. It's the pathway to strength. **(Psalm 100:4; 16:11)** An ungrateful heart will always live a defeated life. **(Nehemiah 8:10)** So give thanks. **(1 Thess. 5:16-18)**
5. **Don't give up.** Life is found in the valley and there is revelation God wants to give that can be found nowhere else except in the valley. **(1 Kings 19:15)** God will lead you places you would never go so you can see things you would never see. **(Psalm 23:4)** Truth is always superior to fact.
6. **Find a friend.** You are not alone **(1 Kings 19:14, 18-19)** Get a healthy, good, godly friend. **(Ecclesiastes 4:9-12)** You can't encourage yourself so go get into a group and connect with someone else's weakness.

## DISCUSSION

1. What do you need to do differently now when you get discouraged? (Go to bed earlier, turn off TV off, put phone down, go for a walk, play with your kids.) (See point #1)
  2. Share a circumstance that is so bad in your life? (See point #4) And what revelation is He giving you? (See point #5)
  3. What fact needs to become truth in your life right now? (See point #5)
- **What is the Holy Spirit saying to you?**
  - **What is your Next Step?**

Do you have a story of someone taking a Next Step or a Leader developing a Next Leader?  
Share with us at [groups@valleycreek.org](mailto:groups@valleycreek.org)