

# When We Come Back

## Talk Sheet

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### *Discouraged, But Never Hopeless*

#### Introduction:

Discouragement is an easy feeling to find and often difficult to overcome. Jesus experienced discouragement but never hopelessness. By looking at how He handled life we gain much insight into how we are to encounter every situation.

#### Talk Points:

- We all experience situations in life that discourage us. It is easy to catastrophize and feel hopeless.
- Experts say that for every one negative we hear, we have to hear 5-10 positives to counter it.
- There are 3 main times in Jesus' ministry that He **seemed** discouraged: when Lazarus dies, when He cleanses the Temple, and in the Garden of Gethsemane.
- There are 3 things we should do when we're discouraged: **1.** Pray and continue doing what we're doing (as long as it is the right thing) until God tells us to do something different. **2.** Don't forget who and where we are, what we are to be doing, and who we represent. **3.** Seek, feel, and submit.

#### Things To Ponder:

- In a time where much of what we hear is negative, how do we find the positive?
- Jesus seemed discouraged at times but was NEVER hopeless.
- When Jesus felt discouragement, He prayed to God and continued doing what He was doing until God told Him to do something different.
- In the Temple, Jesus reminded the people who they are, where they are, what they are supposed to be doing, and who they are supposed to represent.
- If "Jesus Christ is the same yesterday, today, and forever" (Hebrews 13:8), and He's never not taken care of us, what makes us think He will stop now?

#### Apply What You Heard:

What are you discouraged about? Why are you discouraged? What is God teaching you through this?

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#### Reflect:

*"And we know that all things work together for good to them that love God, to them who are called according to his purpose."*

**Romans 8:28**

*"Now faith is assurance of things hoped for, the conviction of things not seen."*

**Hebrews 11:1**