



## Conquering Fear And Discouragement

Text: Joshua 1

**Don't Be Afraid Or Discouraged:** Luke 8:23-25, 50

- God will calm your storm!
- God will resurrect some dead things in your life!
- God will bring you to your Promised Land!

**How Do You Possess Your Promises And Dreams?**

- You have to set your foot on it, so to speak, and possess it by faith.
- You have to run with the vision and the dream God has given you.
- You have to push through fear and discouragement and never give up!

**How Do You Conquer Fear And Discouragement?**

1. **Know you are not alone in facing fear and discouragement.** I Kings 19, Psalm 34:18
2. **Be honest with God and yourself.** Psalm 56:3-4
3. **Recognize the source of fear and discouragement.** II Timothy 1:7, John 8:44, II Corinthians 10:5
  - You have to trust the voice of God over any other voice.
4. **Don't feed fear and discouragement.** II Corinthians 10:5, I John 4:18
  - We have to arrest negative thoughts and replace them with what God says about us.
  - When we continue to dwell on negative thoughts they will produce vain imaginations. You will begin to imagine the worst.
  - One thought leads to another thought and soon you feel hopeless.
  - When you continue to speak words of fear and discouragement, you are actually magnifying the enemy and giving him place in your life.
  - When you speak words of faith, you are magnifying God and allowing Him to bring peace and joy into your life.
5. **Learn how to encourage yourself.**
  - How do you encourage yourself in the Lord?
    - A. Reach out to a trusted friend who will pray with you.
    - B. Draw near to God. I John 4:18
      - Get into the presence of God.
    - C. Put on the garment of praise. Isaiah 61:3, Psalm 30:11, Ecclesiastes 11:10

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