

COURAGE IN CHRIST

Session I

I. Introduction of Speaker

- A. Psychologist
- B. Family
- C. Ministry

II. Introduction of Topic

- A. Exercise: What does spiritual discouragement look like when you see it?
What causes you to be discouraged?

Small groups with one chosen reporter. The reporter takes notes and the rest of as the rest of the group brainstorms from their experience. The speaker collects the data and displays it in front of the group. Then the question is asked, "What must a person believe to feel discouraged in this instance." List of cognitive distortions. Think of examples of discouraged Biblical people. Abraham in the face of Pharaoh. Elijah in the face of Jezebel. Peter in the face of the crowd. David in the Psalms of lament. John Mark on the first missionary journey with Paul. What was going on in these peoples minds?

- B. Discouragement is based on distortions in understanding who God is and What God accomplished on the cross.

III. Who is God?

- A. Exodus 32:5

Session II

IV What has he accomplished for us?

- A. A lot of us are discouraged by the sin in our lives.
- B. What does it mean to be saved?

V Staying in touch with God.