

## 02/25/18 | RISE ABOVE: Discouragement



*"Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."*

—Hebrews 4:16 | NIV

### DISCUSSION QUESTIONS:

1. Which do you think is harder to face, discouragement over what you've done, discouragement over who you are, or discouragement about the circumstances you're facing? Which is harder to admit to? Why?
2. Consider this quote. Why do we let pride get in the way of encouragement?
3. Where do you place your self-worth? In your accomplishments, in your identity, in something external, or in someone else entirely? Why? How does this affect times of discouragement? Where does Jesus look to see your worth?

I do not care how influential or secure or mature a person may appear to be, genuine encouragement never fails to help. Most of us need massive doses of it as we slug it out in the trenches. But we are usually too proud to admit it.  
—Charles R. Swindoll

### Confidence in Jesus

4. Read Hebrews 10:19-23. What is the confidence believers have? Can someone be confident and discouraged at the same time? What are we supposed to do with "full assurance of faith"? What is the hope we profess? Also consider Hebrews 4:16 above.
5. Read Hebrews 10:24-25. Why should believers meet? Also consider Romans 1:11-12. What should believers be doing when we see each other? How does this line up with Joseph's story? What would you tell Joseph if you could speak to him while he was

in prison?

6. Read Hebrews 10:36-39. What does it mean to “shrink back”? What are believers instructed to do in these verses? Why? How does this line up with Joseph’s story?

### **Not Our Doing**

7. Read Romans 5:1-11, 20-21. What strikes you about these verses?
8. How does it make you feel to remember that we were God’s enemies? How does it make you feel to know that we have life through Christ anyway? How does it make you feel to realize that we did nothing to deserve what Christ did for us?
9. Which verse(s) in Romans 5 speak(s) to you the most? Why? How can you use this chapter when you are discouraged?
10. Read Romans 8:1. Let it sink in. Read it again. What does “no condemnation” mean? What does that have to do with you? How might this affect times of discouragement?

(For more verses on a believer’s identity in Christ, see 2 Corinthians 5:17, Galatians 3:26-27, Ephesians 2:1-10, Colossians 1:21-22.)

**TAKEAWAY:** Faithfulness is rewarded.