

The Tracks of My Tears

Kingdom Strong; Pastor Christopher Salley; Psalms 102:1-5 (8/9/20)

- Discouragement: A tool for Distraction that leads to Destruction
 - **Disappointment:** *a natural emotional response to a failed expectation*
 - Disappointment can lead to Discouragement, which can lead to Despondency, which can lead to Desperation, which can lead to Depression
 - **Discouragement:** *a state of mind in which we become faint hearted and lose confidence in our God*
 - Disappointment is inevitable. Discouragement is a choice.
- Our Response to Discouragement: *Expect It, Dissect It, and Reject It*
 - **Expect It:** *Prepare for it; Train.*
 - Have a godly attitude. Maintain a godly appetite, and Engage in godly activity.
 - Godly Activity: Prayer; Reading and Studying the Word of God; Active Engagement in Fellowship and Worship
 - **Dissect It:** *Find its source.*
 - **Reject It:** *Move it out of your life.*
- Sources of Discouragement
 - **A lack of Victory:** *Unmet Expectations*
 - **A lack of Vibrancy:** *Unplugged Lifestyle*
 - **A lack of Vitality:** *Unhealthy Body*
 - **A lack of Virtue:** *Uncontrolled Flesh*
 - **A lack of Vision:** *Unresolved Differences*