



SERIES: APRIL – YES, YOU CAN! OVERCOMING YOUR STRUGGLES

SPEAKER: Nik Orduna

Monday, 4/11/22

Scripture: Philippians 4:4, 6-8

Title: How Do I Overcome Discouragement?

Welcome to Win the Day. I'm Pastor Nick Orduna filling in for Nat Crawford and today we are going to talk about discouragement, and I hope our time together is an encouragement to you.

I don't know about you, but I do not like tight or confined places – I'm a little claustrophobic. I avoid things like large crowds (football game or concerts), airplanes, and riding in the back seat of a car or van. One of my biggest fears is being buried alive. The other one that I have thought about is living in a jail cell.

Philippians 4:4 (NIV) says, "[Rejoice in the Lord always. I will say it again: Rejoice!](#)" Guess where the apostle Paul was writing from when he wrote our verses for today? That's right, he was actually in prison. A victim of injustice. Surrounded by doom and gloom. Isolated from his people he loved. Buried with the thoughts of uncertainty about the future. How can this dude be so positive? How can he be so joyful?

Let's read on – look at verse 6. "[Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving present your requests to God.](#)" Paul said when you bring your situation to God with thanksgiving, you're choosing to focus on the good things that God has done.

In other words, Paul is saying to talk to yourself rather than dwell on the negatives which breed discouragement. In those moments of difficulty, suffering, disbelief or discouragement, we must wash our minds in the truth of God's Word. When you're seeking to talk to yourself, I think it's important to start with God, not you. What is true about God? He is faithful. He forgives me, loves me, and saved me. He is in control. There is nothing I can do that would make Him love me more or less than He does right now.

So today, I want to encourage and challenge you to develop the discipline to talk to yourself instead of listening to yourself. I coached girls' basketball for 22 years and one of the things that helped many of my players who struggled with mental toughness and the discouragement that comes during the ups and downs of the game or season was learning to talk to themselves instead of listening to themselves.

You see, we let our feelings tell us what's true instead of letting truth transform our feelings. Our emotions are flighty, fickle, and often cannot be trusted. They are unstable, unreliable, and often governed by pride and lies that feel like the truth. Your unhappiness and discouragement you

have in life might be due to the fact that you are listening to yourself instead of talking to yourself.

Take a look at what verse 7 says is a result of choosing to be thankful in all circumstances. It says, "The peace of God which transcends all understanding will guard your hearts and your minds in Christ Jesus."

And then verse 8, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things."

When we focus first on truth, lo and behold, feelings follow and they will be reliable feelings, because they are anchored in truth.