

KEYS TO HANDLING DISCOURAGEMENT

Our Riches in Christ : Study in Ephesians, Part 10b

Ephesians 3:13

September 16, 2012

Sermon Notes

Review of Part 10a, September 2nd.

- I. Background/quick review
 - A. Our common standing in Christ: fellow citizens, royal family members, living stones in God's holy temple.
(cf. Eph. 2: 19-22; I Pet. 2:5)

 - B. We have an amazing, extravagant, *lavish* inheritance in Christ.
(cf. Eph. 1:7,18; 2:7; 3: 8,16)
- II. Keys to handling discouragement.
Discouragement defined: to deprive of courage or confidence.
Synonyms: disheartened, depressed, hindered.
 - A. Remember, *no one* is exempt from discouragement.
(cf. Joshua 1:9; Mk. 9:19)

 - B. When discouraged, don't *isolate* yourself.

 - C. Walking in God's will won't *exclude* you from discouragement, but it will *protect* you from being overwhelmed by it.
(cf. II Cor. 4:8-9)

 - D. *Pour out* your heart to God.
(cf. Ps. 62:8; Lam 2:19a)

Part 10b, September 16

- E. Meditate on the *sovereignty* of God. "Sovereign": possessing supreme power. (Is. 40: 10b; cf. Eph. 1:9-11b; Phil. 1:12; cf. II Thess. 1:11)

- F. Spend *quality time* with God. (cf. Ps. 23:5a; Is 30:15; Ps. 37:7)

- G. Use your *inheritance* (I Cor. 1:30)
Part of which is this: In Christ —
 1. We have access to *God's wisdom*. (James 1:5)

 2. We are considered *righteous* and *holy* by God.
(Jer. 23:6 & I Cor. 1:30)

 3. We have *redemption* both now and forever.
(cf. Rev. 21:5 & I Cor. 15:20)



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