

## The Battle for Courage

In Psalm 42 David is not having a good day< He was battling discouragement, he was battling heaviness, he was battling tormented attacks in his life.

Psalm 42:9 Sometimes I ask God, my rock-solid God, "Why did you let me down? Why am I walking around in tears, harassed by enemies?"

How many of us has ask God this question? Why do you let me down?

Psalm 42:10 They're out for the kill, these tormentors with their obscenities, Taunting day after day, "Where is this God of yours?"

How many has heard a voice from the enemy saying, where is your God?

Psalm 42:11 Why are you down in the dumps, dear soul? Why are you crying the blues? Fix my eyes on God — soon I'll be praising again. He puts a smile on my face. He's my God.

The key message today is "soon I'll be praising again".

David is making a declaration in verse 11 saying, I can not stay here, I can not stay where I am?

A simple definition of discouragement is the absent of discouragement. Discourage means to take courage out of you.

Encourage means to put courage inside of you.

The Bible tells us we need to encourage each other daily.

What causes discouragement?

1. Fatigue: If your life is a constant chaos and you are not taking time to rest then you are a candidate and a target for the enemy.
2. Frustration: It is when you have a series of expectation that is not met.
3. Failure: Failure is part of a journey. Through out the history of mankind you learn more through failure than you do through success.
4. Fear: Elijah was very fearful of Jezebel who was 4 foot high and weighed 90 pounds

Elijah was so discouraged that he ran for 40 days and ended up in a cave.

The opposite of courage is fear.

If you are harboring fear, that is a place cannot dwell there.

Facts about discouragement

1. It is common.
2. It is chronic. I can be so courage because I am discouraging.
3. It can be contagious. The devil wants to discourage people who has influence.  
Leaders: husband: wives: bosses: and business owners

How do we win this battle over discouragement?

The answers to discouragement is in verses 1 and 4

Psalm 34:1-4 I will **praise** the Lord at all times. I will constantly speak his praises. 2 I will boast only in the Lord; let all who are helpless take heart. 3 Come, let us tell of the Lord's greatness; let us exalt his name together. 4 I **prayed** to the Lord, and he answered me. He freed me from all my fears.

Two "P's" Praise Him and Prayer

Praise shifts your focus from you to Him. Prayer shifts the burden from you to Him.

What is the benefit of Praying? That He answers our prayers.

When you begin to pray you stop worrying?

Philippians 4:6-7 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

He does not answer the prayer of worry only the prayer of faith.

You pray until the worry leaves, and you have peace.

The second benefit of Praying?

Guess what replaces worry, faith and courage.

The peace of God will rule your heart and mind.

A prophetic word for your life for the next 40 years.

God is going to give you a series of promises that you know is God.

Next, your enemy will come and try to take your courage, he'll try to discourage you will have to choose to believe in God or the discouragement of the enemy.

Proverbs 22:6 Train up a child in the way he should go, And when he is old he will not depart from it.

If you don't fight for your kids you will lose them.