

How to Deal with Discouragement

Text: Job 3

Pastor Gregg Cantelmo • June 22, 2025

When you hurt, physically and emotionally, you are prone to lose perspective, become discouraged, and forget the joys of the past. Job asked God “Why?” seven times. It is an easy question to ask but a difficult one to answer. No answer came. Today we’ll look elsewhere in scripture to learn how we can deal with discouragement.

1. **R**_____ that even the strongest believer can become discouraged.
2. We can **S**_____ deeply on many levels at one time.
3. Discouragement can cause us to lose **P**_____.
4. Don’t keep your deep **P**_____ to **Y**_____.
5. Remember that God always has a **P**_____ behind suffering.

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