

Look _____.

Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms. ¹¹If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen. I Peter 4:10-11 (NIV)

Look _____.

You know that everyone in the province of Asia has deserted me, including Phygelus and Hermogenes. ¹⁶May the Lord show mercy to the household of Onesiphorus, because he often refreshed me and was not ashamed of my chains. ¹⁷On the contrary, when he was in Rome, he searched hard for me until he found me. ¹⁸May the Lord grant that he will find mercy from the Lord on that day! You know very well in how many ways he helped me in Ephesus. II Timothy 1:15-18 (NIV)

Therefore encourage one another and build each other up, just as in fact you are doing. I Thessalonians 5:11 (NIV)

Look _____.

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. II Corinthians 4:16-18 (NIV)

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹²I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³I can do all this through him who gives me strength. Philippians 4:11-13 (NIV)



Pastor David Redmond

June 26, 2016

Joshua 1:1-9

God Says I Can

(Overcoming the chatter of disappointment and discouragement, with the promises of God’s Word.)

We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ.

II Corinthians 10:5 (NASB)

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” Joshua 1:9 (NIV)

“These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.” John 16:33 (NASB)

☹ Observations about Discouragement:

☹ Discouragement is _____.

☹ Discouragement is _____.

☹ Discouragement is _____.

☹ Discouragement is _____.

☹ Discouragement is _____.

Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and ⁶my God! Now I am deeply discouraged, but I will remember you— Psalm 42:5-6a (NLT)

E _____ my thoughts.

Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my rock and my Redeemer. Psalm 19:14 (NASB)

For though we live in the world, we do not wage war as the world does. ⁴The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.⁵We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. II Corinthians 10:3-5 (NIV)

E _____ my thoughts.

Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴Point out anything in me that offends you, and lead me along the path of everlasting life. Psalm 139:23-24 (NLT)

Those who listen to instruction will prosper; those who trust the LORD will be joyful. ²¹The wise are known for their understanding, and pleasant words are persuasive. ²²Discretion is a life-giving fountain to those who possess it, but discipline is wasted on fools. ²³From a wise mind comes wise speech; the words of the wise are persuasive. ²⁴Kind words are like honey— sweet to the soul and healthy for the body. Proverbs 16:20-24 (NLT)

E _____ my _____.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.⁷Then 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. Philippians 4:6-7 (NLT)

Always be joyful. ¹⁷Never stop praying. ¹⁸Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. I Thessalonians 5:16-18 (NLT)

How to correct my outlook:

Look _____.

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. ⁹Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”

Joshua 1:8-9 (NIV)

Set your mind on the things above, not on the things that are on earth. Colossians 3:2 (NAS)

My flesh and my heart may fail, but God is the strength of my heart and my portion forever. ²⁸But as for me, it is good to be near God. I have made the Sovereign LORD my refuge; I will tell of all your deeds.

Psalm 73:26, 28 (NIV)

Look _____.

No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. ⁶Be strong and courageous...Joshua 1:7-8a (NIV)

Look _____.

Walk with the wise and become wise, for a companion of fools suffers harm. Proverbs 13:20 (NIV)

Those who listen to instruction will prosper; those who trust the LORD will be joyful. ²¹The wise are known for their understanding, and pleasant words are persuasive. ²²Discretion is a life-giving fountain to those who possess it, but discipline is wasted on fools. ²³From a wise mind comes wise speech; the words of the wise are persuasive. ²⁴Kind words are like honey— sweet to the soul and healthy for the body.

Proverbs 16:20-24 (NLT)

Look _____.

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. ¹¹ If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen. I Peter 4:10-11 (NIV)

Look _____ . Around

You know that everyone in the province of Asia has deserted me, including Phygelus and Hermogenes. ¹⁶ May the Lord show mercy to the household of Onesiphorus, because he often refreshed me and was not ashamed of my chains. ¹⁷ On the contrary, when he was in Rome, he searched hard for me until he found me. ¹⁸ May the Lord grant that he will find mercy from the Lord on that day! You know very well in how many ways he helped me in Ephesus. II Timothy 1:15-18 (NIV)

Therefore encourage one another and build each other up, just as in fact you are doing. I Thessalonians 5:11 (NIV)

Look _____ . Within

Discontentment will feed the chatter box quicker than anything else in your life. Gratitude shuts up the chatter box.

**God says I am
God says He has
God says He will
God says I can**

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. ⁹ Have I not commanded you? Be strong and

courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." Joshua 1:8-9 (NIV)

Rueben = look a son

She named him Reuben, for she said, "It is because the LORD has seen my misery. Surely my husband will love me now." Genesis 29:32 b (NIV)

Simeon = hearing

...she said, "Because the LORD heard that I am not loved, he gave me this one too." So she named him Simeon. Genesis 29:33b

Levi = attached

...she said, "Now at last my husband will become attached to me, because I have borne him three sons." So he was named Levi. Genesis 30:34b

Judah =

she said, "This time I will praise the LORD." So she named him Judah. Genesis 29:35a

Look Back

Look Up – God is a big God - Promises God has made
Something to do – Something not to do - Promise
Isaiah 42:2-3

God loves Jer. 29:11

LOOK OUT – can't stop the chatterbox, but there are some things you do that feed it.

How much TV, social media,

How do you feel, friends that come into your life

Who are the people that are in our life

Don't compare your life to everyone else's pictures

Discontentment will feed the chatter box quicker than anything else in your life. Gratitude shuts up the chatter box

Look Beyond – find someone you can help

Luke 6:38

I Peter 4:10

Look Around

People in your life who encourage you.

Look Within

Sometimes the only person who can encourage you is you.

Arsenal of weapons, THIS TIME

Music

Verses

Church

Speak truth

II Cor. 9:8

Philippians 4

This time, won't live in past or next time.

Look Up

For God did not give us a spirit of timidity or cowardice or fear, but [He has given us a spirit] of power and of love and of sound judgment and personal discipline [abilities that result in a calm, well-balanced mind and self-control]. II Timothy 1:7 (AMP)

Engage the CHATTER.

**Discouragement is common,
inevitable, contagious, pervasive,
lethal, predictably unpredictable.**

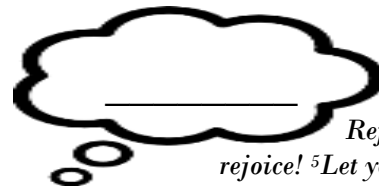
Express GRATITUDE

Examine

Those who listen to instruction will prosper; those who trust the LORD will be joyful. ²¹The wise are known for their understanding, and pleasant words are persuasive. ²²Discretion is a life-giving fountain

to those who possess it, but discipline is wasted on fools. ²³From a wise mind comes wise speech; the words of the wise are persuasive. ²⁴Kind words are like honey— sweet to the soul and healthy for the body. Proverbs 16:20-24 (NLT)

Key Thought: As much as you know the presence of God by _____ you know the presence of Satan by _____.



my thoughts.

Rejoice in the Lord always; again I will say, rejoice! ⁵Let your gentle spirit be known to all men. The Lord is near. Philippians 4:4-5 (NAS)

Therefore, prepare your minds for action, keep sober in spirit,

fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ. I Peter 1:13 (NAS)

*Set your minds on things above, not on earthly things.
Colossians 3:2 (NIV)*

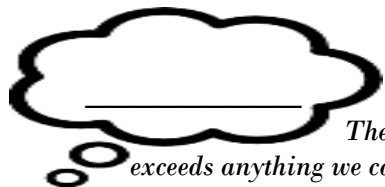
Inject, repair, corner, set-up, resolve, correct, renew, make ready, prepare, arrange, settle, establish, arrange, secure, place, deal with,



my thoughts.

Do not be anxious or worried about anything, but in everything (every circumstance and situation) by prayer and petition with thanksgiving, continue to make your (specific) requests known to God. Philippians 4:6 (AMP)

Always be joyful. ¹⁷Never stop praying. ¹⁸Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. ¹⁹Do not stifle the Holy Spirit. I Thessalonians 5:16-18 (NLT)

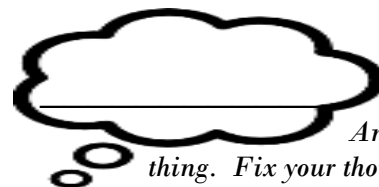


my thoughts.

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. Philippians 4:7 (NLT)

*Guard your heart above all else, for it determines the course of your life. Proverbs 4:23 (NLT)
Do not be deceived: God cannot be mocked. A man reaps what he sows. Galatians 6:7 (NIV)*

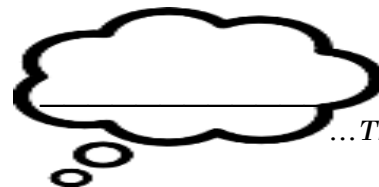
And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus. Philippians 4:19 (NLT)



my thoughts.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹Keep putting into practice all you have learned and received from me--everything you heard from me and saw me doing. Then the God of peace will be with you. Philippians 4:8-9 (NLT)

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. Romans 12:2 (NLT)



my thoughts.

...Then the God of peace will be with you. Philippians 4:9b (NLT)

Look Back: When we are discouraged about our futures, the first thing to do is to rem

ember the faithfulness: When we are discouraged about our futures, the first thing to do is to remember the faithfulness of God in our pasts. , the enemy does not want us to remember all the times God has come through for us, so we need to actively remind ourselves of them.

-Look Up: We need to look up to remind ourselves of who God is. When we remember that God is with us and He loves us, it gives us the courage to move

forward. , **love makes us advance, but fear makes us retreat.** When we look up, we remember that we have a God who loves us and walks with us through every trial , which gives us courage to push through discouragement.

-Look Out: The next thing to do is to stop and survey our situation. we need to ask ourselves if we're doing anything to feed the chatterbox. We can ask really practical things like, "What am I watching on TV?" "How are my friends influencing me?" and "How much time am I spending looking at other people's lives on Facebook?" , discontentment and comparison fuel the chatterbox faster than anything else. On the other hand, gratitude shuts up the chatterbox like nothing else.

-

Look Beyond: Discouragement makes us focus inwardly, so to crash the chatter of discouragement we need to look beyond ourselves. often we think we need to get encouragement from someone else, but really we need to get out there and encourage another person. When we give of ourselves to serve and encourage others, it crashes the voice of discouragement in our own lives. -

Look Around: We need to look around and surround ourselves with people who can lift us up in prayer and pour into us. By getting connected into community , we can make sure we always

have that kind of support when the voice of discouragement starts shouting. -

Look In: sometimes the only person who can encourage us is ourselves. We need to arms ourselves with an arsenal of weapons to use against the chatterbox