

How to Rise Above Discouragement

2021.04.25

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Acts 15:36-40: Some time later Paul said to Barnabas, "Let us go back and visit the brothers in every town where we proclaimed the word of the Lord, to see how they are doing." Barnabas wanted to take John, also called Mark. But Paul kept insisting that they should not take him along because he had deserted them in Pamphylia and had not gone with them to the work. Now it turned into such a sharp disagreement that they separated from one another, and Barnabas took Mark with him and sailed away to Cyprus. But Paul chose Silas and departed, being committed by the brethren to the grace of the Lord.

## II Timothy 4:9-11

Make every effort to come to me quickly, because Demas, in his love of this world, has deserted me and gone to Thessalonica.

Crescens has gone to Galatia, and Titus to Dalmatia. Only Luke is with me. Get Mark and bring him with you, because he is helpful to me...

II Corinthians 4:1

“Therefore, since through God’s mercy we have this ministry, we do not lose heart.

II Corinthians 4:16-18: Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen (like people abandoning him or people persecuting him), but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

II Corinthians 3:18

But we all, with unveiled face beholding as  
in a mirror the glory of the Lord, are being  
transformed into the same image from  
glory to, this being from the Lord, who is  
Spirit.

## Philippians 4: 11-12

Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need.

Galatians 6:2

Bear one another's burdens, and thus  
fulfill the law of Christ.