



No weapon formed
against me
shall prosper

As I follow
Jesus, I feel
peace

NEW COVENANT CHURCH

God will never
leave or
abandon me

God knew me
before I was
born

Great things
in store for

God is
in control

I am loved
by God

God has
great
plans for
my life

The Cross of
Christ is my
power

Joy of the Lord

Joy Restoration / Dealing with Discouragement

I am
accepted by
God

Remember
that once you
dreamed of being
where you are now

*"Restore to me the joy of your salvation,
and uphold me with a willing spirit"*

God works
in my

My future
is secure

My faith makes
me whole in
soul & body

Psalms 51:12

I can do
through Christ
who strengthens me

I have been
uniquely designed
for a purpose

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God meets
all my needs

God is my
Refuge &
Strength

Psalm 16:11 NIV

*You have made known to me the path of life;
you will fill me with **joy in your presence**,
with eternal pleasures at your right hand.*

Psalm 51:12

“Restore to me the joy of your salvation, and uphold me with a willing spirit”

Sometimes we need restoration of joy because of sin against God

Psalm 85:4

*Restore us, O God of our salvation, And cause Your anger toward us to cease. 5 Will You be angry with us forever? Will You prolong Your anger to all generations? **6 Will You not revive us again, that Your people may rejoice in You?** 7 Show us Your mercy, Lord, And grant us Your salvation. 8 I will hear what God the Lord will speak, For He will speak peace to His people and to His saints; But let them not turn back to folly.*

- Revival is always first personal
- We cannot export what we don't have
- Joy always follows revival, which is refocus on the presence of the Lord.
- Remember, *"You will fill me with joy in your presence."* (Psalm 16:11)

Discouragement is a Dis-ease

Definition of disease:

- A disorder of structure or function in a human, animal, or plant, especially one that produces specific signs or symptoms that affect normal function
- A particular quality, habit, or disposition regarded as adversely affecting a person or group of people.

Sources of the Dis-ease of Discouragement

Interpersonal: Psalm 41:9 (NLT), *Even my friend, the one I trusted completely, the one who shared my food, has turned against me.*

Institutional: Job, school, etc.

Internal: Worry, mental distress, unrestrained thoughts, etc.

Reasons for Discouragement:

1. Unmet Expectations: (Are your expectations reasonable or Unreasonable?)

2. Cognitive Dissonance: People tend to seek consistency in their beliefs and perceptions. Dissonance is an internal lack of harmony or agreement

What happens when one of our beliefs conflicts with circumstances, other beliefs, or perception? **Cognitive dissonance** is used to describe the feeling of discomfort that results from conflicting beliefs.

Reasons for Discouragement:

2. Cognitive Dissonance:

When there is a discrepancy between beliefs and behaviors, **something must change** in order to eliminate or reduce the dissonance.

1 Kings 18:21, Elijah went before the people and said, "How long will you waver between two opinions? If the LORD is God, follow him; but if Baal is God, follow him." But the people said nothing.

Reasons for Discouragement:

3. Covenant Breaking: Broken promises or commitments to God and people

1 Corinthians 11:25, *“This cup is the new covenant in My blood...”*

Hebrews 8:7, *For if that first covenant had been faultless, then no place would have been sought for a second.*

Reasons for Discouragement:

3. Covenant Breaking: Broken promises or commitments to God and people

2 Timothy 3:1, *This know also, that in the last days perilous times shall come. 2 For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, 3 Without natural affection, **trucebreakers**, false accusers, incontinent, fierce, despisers of those that are good,*

The Joy of the Lord is Your Strength!

- Saturate in the presence of God (source of joy)
- Be a doer of the word of God (source of strength)
- Seek help from godly, competent people (source of encouragement)