Becoming Women of Purpose in Every Step. . .

Class 6

. . . By Stepping Beyond Discouragement

Table Talk

1. Do you know what your spiritual gift is? If so, are you using it?
2. What bad habits/muscle memory do you often turn to when you are discouraged?
3. Seasons of discouragement happen to all of us. What step do you feel like you need to pay more attention to: (Be honest/vulnerable) –

* Taking care of yourself
* your thought life
* distinguishing pits from puddles
* pressing in to God?

1. What is one step you can take this week to work toward this?

Circle those that apply to you:

“Discouragement is dissatisfaction with the past, distaste for the present, and distrust of the future. It is ingratitude for the blessings of yesterday, indifference to the opportunities of today, and insecurity regarding strength for tomorrow. It is unawareness of the presence of beauty, unconcern for the needs of our fellowman, and unbelief in the promises of old. It is impatience with time, immaturity of thought, and impoliteness to God.” – William Ward

Homework:

Check the list…

1. Who is your person to be honest with?
2. How are you going to take care of yourself this week? (More rest, better nutrition, saying no…)
3. Write a verse and tape it to your bathroom mirror or car dashboard to remind you of truth to combat the lies you struggle with.
4. Give praise to God in your prayer time giving gratitude for all He has done for you and will do through you!!
5. Press in close to the Lord in your quiet time. Lift your head and hear Him say, “My daughter, lift your head.”

\*\*There is a specific word picture involved here in the phrase “the lifter of my head”:  The head is naturally bowed down in time of trouble.  For God to be “the lifter of your head” means that He will bring you out of that time of trouble, so that you are no longer bowing your head in misery and pain, because your eyes are on Him!