



PUNCHED **in the** **FAITH**

How to bounce back from doubt and disappointment

Part 5: Defying Discouragement





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Part 5: Defying Discouragement

What is Discouragement?

**When you've lost your confidence & resolve,
hope begins to fade, and inaction sets in.**

What Causes Discouragement?

When things are more difficult than you thought.

When things are taking longer than expected.

When you're listening to criticism or comparison.

How to Defy Discouragement:

1. Fess Up.

James 5:16

How to Defy Discouragement:

2. Look Up.

Judges 6:12; 1 Samuel 30:6

Jonah 2:7; Nehemiah 4:14

How to Defy Discouragement:

3. Get Up.

Hebrews 10:36

James 4:7

**“Successful people do consistently what normal people do occasionally.”
- Craig Groeschel**



How to Defy Discouragement:

4. Change it Up.

Acts 16:6-10



**Defy: To openly resist
and refuse to obey.**

1 Samuel 17:45-48



**Are you defying
discouragement?**