

Reflections

Volume 1 Issue 17

A Weekly Publication Of The Pine Street Church Of Christ

July 20, 2008

Pine Street
CHURCH OF CHRIST
429 Pine Street
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ASSEMBLY TIMES

Sunday Bible Study
9:45 AM

Sunday Worship
10:45 AM & 6:30 PM

Wednesday Bible Study
7:30 PM

RADIO PROGRAM

"For The Glory Of God"
8:45-9:00 AM
MAGIC 99.5 FM
Cable Channel 15

WEB SITE

www.pinestreetcoc.com

Reflections is a weekly publication of the Pine Street church of Christ including Bible-based articles for the spiritual edification and education of all readers. Please contact us if you have comments or questions about the content of the paper.

Overcoming Discouragement

By Jeremy D. Joy

Discouragement is like the common cold - no one is immune to it. Even the best Christians occasionally become discouraged. It is one of the most effective weapons that Satan uses against us. It will erode our faith and eat away at our courage over time until our spiritual house eventually collapses. We must learn to overcome it in

triumph over the Devil.

Like Jesus, we need a time and place to rest, relax, and rejuvenate if we are to be useful in our service to God and others.

The prophet Elijah was "a man with a nature like ours" (James 5:17). He was a hero in Israel, but he was not super-human; he had a real faith that was tested under real-life circumstances. Following the decisive victory over the prophets of Baal at Mount Carmel (read 1 Kings 18:20-40), he expected a quick end to the paganism that was rampant in the land, but Jezebel vowed to kill him. Elijah experienced profound disappointment. He saw that nothing had changed. He thought that he had failed God and the people as a prophet and wanted to die. The personal struggle of Elijah and the divine response of God provides insight into how we can overcome discouragement (read 1 Kings 19:1-18). What factors contributed to his



**I will meditate on Your precepts, and
contemplate Your ways.
— Psalm 119:18**

problem?

Physical exhaustion. After defeating the prophets of Baal, Elijah ran thirty miles from Mount Carmel to Jezreel in the rain (1 Kings 18:46), he ran sixty miles from Jezreel to Beersheba (1 Kings 19:1-3), and then he traveled fifteen miles from Beersheba to the wilderness (1 Kings 19:4). He was physically exhausted!

Our physical condition can have an affect on our spiritual condition. We may be vulnerable to trials and temptations when we are physically exhausted. For example, Satan tempted Jesus after He had fasted forty days in the wilderness when He was physically weak (Matthew 4:1-11). Like Jesus, we need a time and place to rest, relax, and rejuvenate if we

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are to be useful in our service to God and others (Matthew 14:23). We can push ourselves, but then we start to wear down and in our physical weakness, we become discouraged.

Mental exhaustion. While on the run, Elijah wanted to die (1 Kings 19:4), he exaggerated the nature of his problems (1 Kings 19:10), and he overlooked the presence of God (1 Kings 19:11-13). In his discouragement, he thought that he was the only one who was serving God and that when he was killed there would be no one to serve God. He was mentally exhausted!

Our passion for God should cause us to be deeply troubled by indifference and immorality in the world, but we should remember that there is always a faithful remnant. We may also become discouraged by problems in the church, but there are good things happening among

the people of God. We need to maintain a proper perspective of ourselves, others, and God (Romans 12:3).

If physical and mental exhaustion contribute to the problem of discouragement, how can we overcome it?

- Pray (Philippians 4:6-7).
- Trust in God (Philippians 4:13).
- Be devoted to God (Psalm 73:1-2).
- Do spiritual work (John 4:34).

It is not as easy as one, two, three, but if God helped Elijah, then He can also help us overcome our problems.

In the past, I have been physically and mentally exhausted causing me to question my work as a preacher and to be impatient with others. I have learned some hard lessons through the chastening of the Lord (Hebrews 12:3-11), but He has also aided me in my time of need (Hebrews 4:14-16).

Pine Street News And Notes

“Let brotherly love continue” — Hebrews 13:1

Members of our church family who are sick and in need of our prayers: **Judy Haught** continues to improve...**Jeremy Joy** is recovering from mono.

Members of our church family who are traveling: **Love Postlethwait** is visiting family in Virginia and Louisiana.

Others who are sick and in need of our prayers: **Jeremy Joy's** grandmother, **Ruth Ann Joy**, is at home recovering from double by-pass surgery...**Wanda Rockwell's**, brother-in-law, **Bill Price**, is in poor health...**Crystal Shockley's** grandmother, **Dorothy Myers**, is improving...**Janet Webber's** mother-in-law, **Florence Webber**, is confined to her

home.

The Training Class will be this evening, July 20. The schedule is posted on the bulletin board.

Thanks to **Greg Yost**, **Tim W. Haught**, **Siegel Fetty**, and **Tim E. Haught** for an outstanding job of preaching. We appreciate your hard work!

Is there someone who needs encouragement? Look for opportunities to encourage one another this week.

The Scripture reading today is: Psalm 119:113-120.

The sermon today is: “Welcoming New People To The Church” (AM).