

I. Reasons for discouragement

1. A depressing place - 2 Tim. 1:8; 4:6
2. A difficult time - 2 Tim. 3:1-4
3. Deserted by friends - 2 Tim. 1:15; 4:9-10,12,20
4. Persecuted by powerful people - 2 Tim. 4:14-15
5. Cowardly believers - 2 Tim. 4:16

II. Relief from discouragement - Be Encouraged

1. Care for your relational needs - 2 Tim. 4:9,11,21
2. Care for your physical needs - 2 Tim. 4:13
3. Care for your spiritual needs - 2 Tim. 4:13,17-18
4. Continually forgive those who hurt you - 2 Tim. 4:16b
 - Acts 7:60; Matt. 6:12-15; Eph. 4:32; Heb. 12:15,19
5. Commit to fulfilling the great co-mission - 2 Tim. 4:17
 - Matt. 28:19-20
6. Continually rely on God's grace - 2 Tim. 4:22
 - 2 Tim. 2:1; Eph. 2:8-9; 1 Pet.1:13; 2 Pet.3:18

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