

RISING

A B O V E



**Discouragement**



RISING

ABOVE

**Discouragement**

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- Jesus (Luke 22:42-44)





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- Pessimism.

**Discouragement**



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**It can bring about negative consequences.**

It can bring about...

- Pessimism.
- Fear.
- A Defeatist Attitude.
- Isolation.

**How do we  
overcome it?**

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# How do we overcome it?

- By remembering that God knows and cares



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- By remembering our purpose

**Discouragement**



# How do we overcome it?

- By remembering that God knows and cares
- By remembering to stay connected
- By remembering our purpose
- By remembering to keep a proper perspective