

RCCG INTERNATIONAL CHRISTIAN CENTRE - LIGHTHOUSE
LESSON OUTLINE
A Christ-Centred Church with a Heart of Compassion

Message Date: 12/7/2026 Lighthouse Meeting Date: 14/7/2026	Message Title: Overcoming the Spirit of Discouragement 2 Minister: Pastor Tobi Adeola
Key Texts: - Genesis 29:31-35, Exodus 6:6-9, Exodus 32:1, Numbers 23:19, Deuteronomy 32:3-4, Joshua 1:5-9, Ruth 1:3-20, 1 Samuel 30:1-6, Psalm 7:11, Psalm 25:8, Psalm 55:12-14, Psalm 73:2-3, 16-17, Psalm 86:5, Psalm 90:4, Psalm 104:19-21,	Sub Text:- Proverbs 13:12, Isaiah 40:13-14, 25-26, Isaiah 41:10, Jeremiah 32:17, Daniel 2:20-21, Matthew 14:12-13, Matthew 28:20, Luke 24:13-21, John 16:7, 2 Corinthians 1:3-4, 2 Corinthians 4:8-9, 16-18, 2 Corinthians 11:23-27, Ephesians 1:11, 1 Peter 5:7, 1 John 4:8, 1 Kings 19:4-8

Please read the entire document and Bible texts before you begin to discuss and answer the related questions. This will help you grasp the overall context of the message, however, remember the Bible is not a discussion book but a decision book. God honours and empowers your decisions not your discussions.

INTRODUCTION:

There is a particular kind of silence that discouragement produces, not the silence of peace, but the silence of a heart too weary to listen anymore. Israel stood at the edge of freedom and heard God Himself declare seven "I will" promises of redemption, sealed by His own uplifted hand.

Into that darkness, God spoke seven staggering promises: "I will bring you out, I will rescue you, I will redeem you, I will take you as My people, I will be your God, I will bring you into the Promised Land, and I will give it to you as a heritage" (Exodus 6:6–8, AMPC). Yet, in verse 9, we read that Israel still could not hear Him "because of their impatience and anguish of spirit and because of their cruel bondage." If discouragement could deafen an entire nation to the audible voice of God, it can certainly numb a believer today to a promise already written in black and white.

BIBLICAL CONTEXT: Common Causes of Discouragement

1. Exhaustion and Emotional Weariness: 1 Kings 19:5-8, Elijah was spiritually victorious but physically exhausted. God did not rebuke him first; God strengthened him first.
2. Loss and Grief: Matthew 14:12-13, Jesus withdrew after hearing of John the Baptist's death. Even Christ acknowledged the weight of sorrow.
3. Feeling Unloved or Rejected: Genesis 29:31-35, Leah lived with the pain of being less loved, but God saw her suffering.
4. Delayed Expectations: Proverbs 13:12 (AMPC), "Hope deferred makes the heart sick..."
5. Betrayal: Psalm 55:12-14, David experienced the pain of betrayal from someone close.

6. Overwhelming Assignments: John 16:7, Jesus promised the Holy Spirit because human strength alone cannot carry divine assignments.

TEACHING POINT ONE: God Is Sovereign and in Control of All Circumstances

Nothing that touches your life is outside the governing hand of God, not the delay, not the loss, not the pain.

Practical Application: Surrender the specific situation that feels "out of control" back into God's hands in prayer today (Ephesians 1:11).

Scripture Focus: In Him we obtained an inheritance, having been predestined according to His purpose who works all things after the counsel of His will. Ephesians 1:11, AMPC

Digging Deep / Self-Reflection: Where have I quietly begun acting as though my circumstance has escaped God's control?

TEACHING POINT TWO: God Is Good and Can Do Nothing Wrong

David asked God to teach him His ways because "good and upright is the Lord" (Psalm 25:8, AMPC), and declared Him "ready to forgive, and abundant in mercy (Psalm 86:5, AMPC). Discouragement quietly rewrites God's goodness based on painful outcomes; this key refuses to let circumstance author God's character.

Practical Application:

When pain tempts you to question God's goodness, deliberately recite His goodness back to Him rather than interpreting Him through the pain (Psalm 86:5).

Scripture Focus: Good and upright is the Lord; therefore He instructs sinners in the way. Psalm 25:8, AMPC

Digging Deep / Self-Reflection: Have I let a recent disappointment quietly redefine what I believe about God's goodness?

TEACHING POINT THREE: God Is Holy and Perfect in All His Ways

Moses' song declares, "He is the Rock, His work is perfect; for all His ways are law and justice" (Deuteronomy 32:4, AMPC). When Israel's brutal bondage made God's dealings feel unjust, this truth stood as the corrective, His perfection is not measured by our comfort but by His unwavering righteousness in every dealing with man.

Practical Application:

Bring your "why me" honestly before God rather than concluding His ways are flawed because you cannot trace them (Deuteronomy 32:4).

Scripture Focus: He is the Rock; His work is perfect, for all His ways are law and justice. Deuteronomy 32:4, AMPC

Digging Deep / Self-Reflection: Do I trust that God's ways are perfect even in the dealing I understand least?

TEACHING POINT FOUR: God Is Love and Is Vitally Concerned for His Children

Peter instructs believers to cast the whole of their care upon God "for He cares for you affectionately, and cares about you watchfully" (1 Peter 5:7, AMPC), while John declares plainly that "God is love" (1 John 4:8, AMPC). Leah's story, the unloved wife whom God saw and lifted, proves this concern is not theoretical; it reaches the overlooked and unloved specifically.

Practical Application:

Receive God's concern as personally addressed to you today, not as a general truth for someone else (1 Peter 5:7)

Scripture Focus: Casting the whole of your care on Him, for He cares for you affectionately and watch. 1 Peter 5:7, AMPC

Digging Deep / Self-Reflection: Where have I been carrying a burden alone instead of casting it on a God who is watchfully concerned for me?

TEACHING POINT FIVE: God Is All-Wise and Can Never Make a Mistake

"Who has directed the Spirit of the Lord, or has taught Him as His counselor?" (Isaiah 40:13-14, AMPC), no one instructs God, for wisdom and might are His alone (Daniel 2:20-21, AMPC). What looks like delay or error from a limited vantage point is never a miscalculation from His.

Practical Application:

Release the demand to fully understand your situation before you continue to trust and obey Him (Isaiah 40:13-14).

Scripture Focus: Wisdom and might are His; He changes the times and seasons. Daniel 2:20-21, AMPC,

Digging Deep / Self-Reflection: Where am I insisting on an explanation before I will trust God's wisdom again?

TEACHING POINT SIX: God Is Truthful and Can Never Lie

"God is not a man, that He should lie" (Numbers 23:19, AMPC), every "I will" He has ever spoken, including the seven promises given to Israel in their darkest bondage, still stands unbroken. Discouragement whispers that the promise has failed; word of God insists the Speaker cannot lie.

Practical Application:

Return to a specific promise God gave you and hold it up against your discouragement this week (Numbers 23:19)

Scripture Focus: Numbers 23:19, AMPC God is not a man, that He should lie, nor a son of man, that He should repent; has He said, and shall He not do it?

Digging Deep / Self-Reflection: Which promise of God have I quietly stopped believing because it has not yet arrived?

TEACHING POINT SEVEN: God Is Faithful and Always True to His Word

As Joshua stepped into Moses' place, God's charge was unmistakable: "I will not fail you or forsake you" (Joshua 1:5-9, AMPC), and the psalmist reminds us that even a thousand years are but a day to Him (Psalm 90:4, AMPC), His faithfulness is not bound to our timeline. Delay is never denial with this God.

Practical Application:

Rehearse over and over again the past faithfulness of God out loud to yourself

this week as evidence He will not fail you now or tomorrow(Joshua 1:5-9).

Scripture Focus:I will not fail you or forsake you. Joshua 1:5, AMPC

Digging Deep / Self-Reflection: Am I measuring God's faithfulness by my clock instead of His track record?

TEACHING POINT EIGHT: God Is Omnipotent and Able to Bring His Will to Pass

"Have you not known? Have you not heard?" (Isaiah 40:25-26, AMPC) The God who names every star by strength and might is never undone by the magnitude of your assignment. Jeremiah declares plainly, "nothing is too hard for You" (Jeremiah 32:17, AMPC), answering every fear that the burden is too heavy to carry.

Practical Application: Name the situation that feels impossibly heavy and speak God's omnipotence over it directly in prayer (Jeremiah 32:17).

Scripture Focus: God is a righteous Judge, yes, a God who has indignation every day. Psalm 7:11, AMPC

Digging Deep / Self-Reflection: Have I unconsciously resized God's power to match the size of my current problem?

TEACHING POINT NINE: God Is Present With His People in Every Circumstance

"Fear not, for I am with you" (Isaiah 41:10, AMPC), and Jesus' own final promise to His disciples was "I am with you always" (Matthew 28:20, AMPC) the same undertaking presence charged to Joshua at the Jordan (Joshua 1:5-9). Discouragement isolates; but God said you were never facing it alone.

Practical Application: Practice acknowledging God's presence in today's ordinary moments, not only when crisis strikes (Isaiah 41:10).

Scripture Focus: fear not, for I am with you; be not dismayed, for I am your God. Isaiah 41:10, AMPC

Digging Deep / Self-Reflection: Where have I been carrying something as though God stepped away?

TEACHING POINT TEN: God Is a Righteous Judge and righteous in All His Ways

"God is a righteous Judge" (Psalm 7:11, AMPC), every injustice done to you, and every wrong you carry regret over, is seen and will be rightly settled by Him. This closes the list where discouragement often ends: at unresolved offense.

Practical Application:

Release a specific grievance into God's hands this week rather than carrying it as a case you must personally settle (Psalm 7:11).

Scripture Focus: God is a righteous Judge, yes, a God who has indignation every day. Psalm 7:11, AMPC

Digging Deep / Self-Reflection: What am I still trying to judge, avenge, or resolve myself that truly belongs to Him?

CONCLUSION:

David, Elijah, Naomi, the Israelites, and Paul each walked through their own season of discouragement, yet each found the same way back, not through

changed circumstances, but by returning their gaze to the unchanging nature of God.

Jesus' victory in the wilderness was not found in the absence of hunger; it was found in the presence of a mind already fortified with the Word before the tempter's suggestion ever came. His triumph was secured long before Satan spoke because His heart was anchored in the truth of who His Father is.

The difference between the Israelites bowing before the golden calf and a believer living an overcoming life is the same difference available to you today: a mind guarded by God's truth, a heart shielded by His promises, and a life anchored in these ten unchanging truths about who God is.

So let discouragement knock all it wants, it will find no room where these truths already stand guard.

PRAYER POINTS

1. Father, forgive me for every place I have let discouragement deafen me to Your promises.
2. Lord, restore my hearing and my hope as I return to who You unchangeably are.
3. I declare Your sovereignty, goodness, holiness, love, wisdom, truthfulness, faithfulness, omnipotence, presence, and righteousness over every discouraging circumstance in my life.
4. Father, heal every broken spirit and lift me out of anguish that has kept me from receiving Your word.
5. Holy Spirit, help me release blame and bitterness, and instead entrust every unresolved wrong to the righteous Judge.
6. Lord, renew my inward man day by day until I finish this season strong and unshaken.
7. Let my pain become a place of comfort for someone else who is walking through discouragement, in Jesus' mighty name. Amen.

For further information please contact the admin office or visit (admin@rccg-iccuk.org / 07514 011221)