

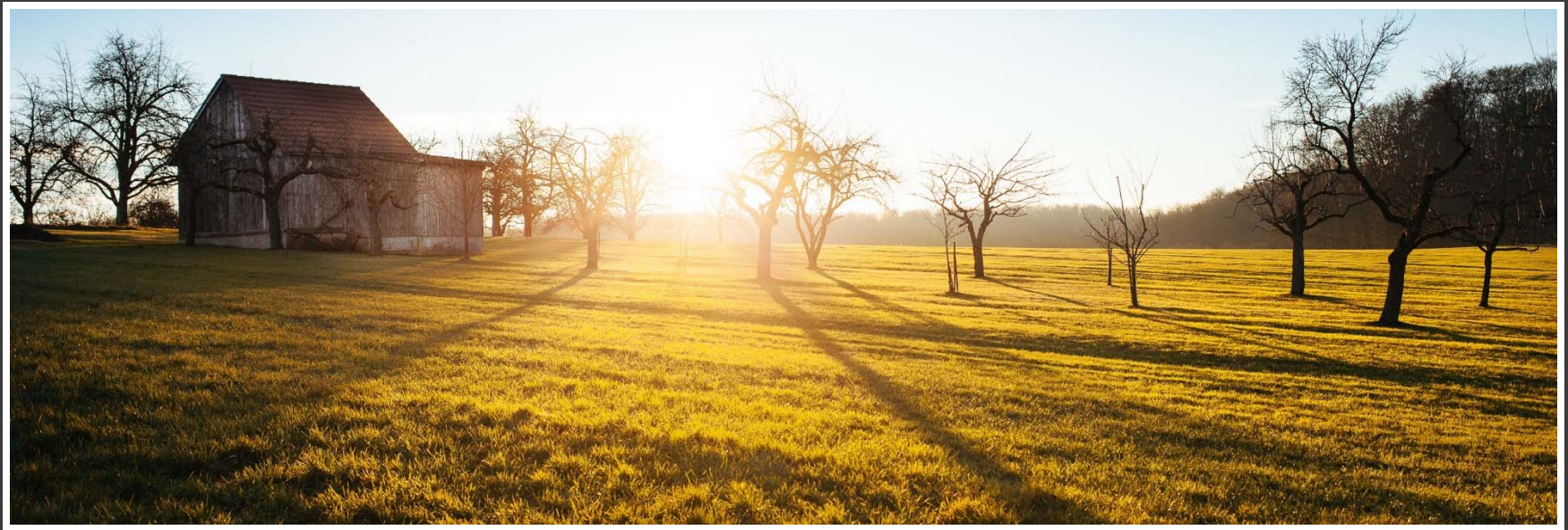
## SLAYING GIANT DESPAIR

*Keys to Overcoming Discouragement in  
Your Personal Life*



If interested, you may download  
this presentation at  
**[www.timothystoltzfus.com](http://www.timothystoltzfus.com)**

# Overcoming Discouragement in Your Personal Life



my story

# FOR STARTERS...

What is discouragement?

**DISCOURAGEMENT,**  
*noun*

1. The act of disheartening,  
or depriving of courage

2. That which destroys or  
abates courage; that which  
depresses confidence or  
hope

Webster's 1828



What is despair?

**DESPAIR,**

*noun*

Hopelessness; a  
hopeless state; a  
destitution of hope or  
expectation.

Webster's 1828



Discouragement is  
one of Satan's most  
well-worn tools.





# IMPORTANT NOTE

We need to recognize that there are some physical causes of depression.

People who suspect they have an underlying physiological cause for their depression should see a health professional.



# How does discouragement affect a person?

- Robs joy of living, takes the zest out of life
- Increases stress, which causes negative health effects
- Makes us difficult to get along with, and unpleasant to be around
- Affects our interpersonal relationships, especially with our spouse, children, and coworkers





- Hampers our productivity--it takes **A LOT** of emotional energy to be discouraged
- Decreases our potential
- Causes us to doubt God's goodness and love
- Makes us cynical and pessimistic



# Key: Try to Identify Your Trigger Points

- Do you know why you become discouraged?
- Ever feel general discouragement without knowing why?
- Watch trends
- Try to isolate the factors which cause you to become discouraged



# LET'S TALK ABOUT SLAYING GIANT DESPAIR

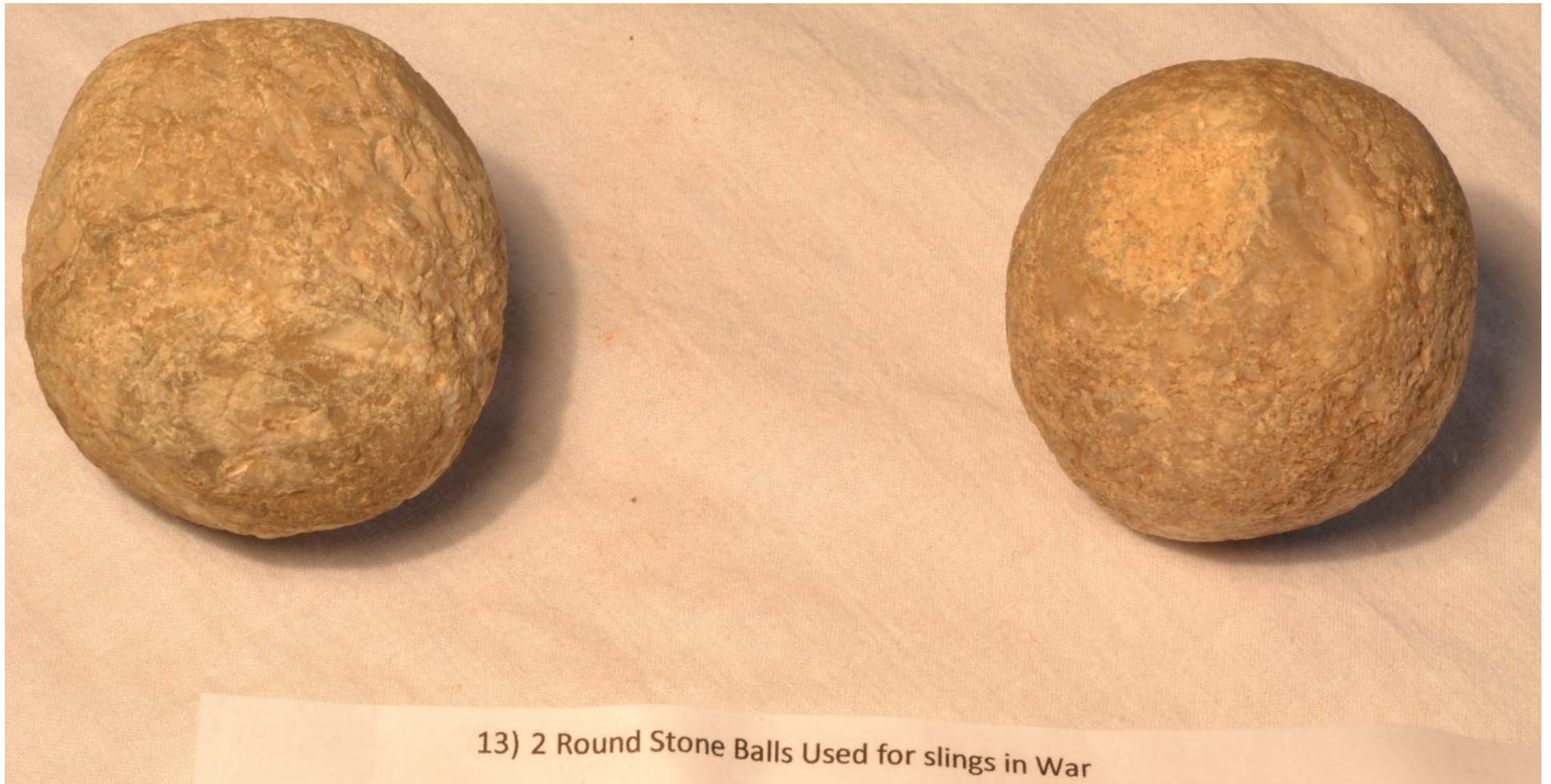




What's the best  
way to kill a  
giant?







Stone balls used for slings in  
war





# DEADLY STONE SLINGERS FROM TRIBE OF BENJAMIN

Jdg 20:15 And the children of Benjamin were numbered at that time out of the cities twenty and six thousand men that drew sword, beside the inhabitants of Gibeah, which were numbered seven hundred chosen men.

Jdg 20:16 Among all this people *there were* seven hundred chosen men

lefthanded; **every one could sling stones at an hair breadth, and not miss.**





*1. the stone of*  
**PRAISE**

# WHAT DOES IT MEAN TO PRAISE?

To praise God is to call attention to His glory.

Praise is a conscious act of the heart,  
whether one feels like happy or not.

To praise is to bless, exalt, extol, glorify,  
magnify, thank, and confess.

# SOMETHING HAPPENS TO OUR SOUL WHEN WE PRAISE GOD

Psalm 42:11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, *who is* the health of my countenance, and my God.

Psalm 71:14 But I will hope continually, and will yet praise thee more and more.

Praise is the displacement  
of focus from myself to God.

After all, the cause of  
discouragement is often  
focus on self—my problems,  
fears, disappointments,  
heartache, trouble, and  
worries.





*2. the stone of*  
**RELATIONSHIP**



# WE ARE NOT CREATED TO “GO SOLO” IN LIFE



- A lonely, disconnected person is vulnerable
- We need others to “speak” into our lives

**Isa 35:4** Say to them *that are* of a fearful heart, Be strong, fear not:

**Isa 41:6** They helped every one his neighbor; and *every one* said to his brother, Be of good courage.

Do you have healthy,  
connected relationships?



**Ecc 4:9** Two *are* better than one; because they have a good reward for their labor.

**Ecc 4:10** For if they fall, the one will lift up his fellow: but woe to him *that is* alone when he falleth; for *he hath* not another to help him up.

We live in an age of increased connections but less connectedness



Ecc 4:12 And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.





*3. the stone of*  
**OPTIMISM**

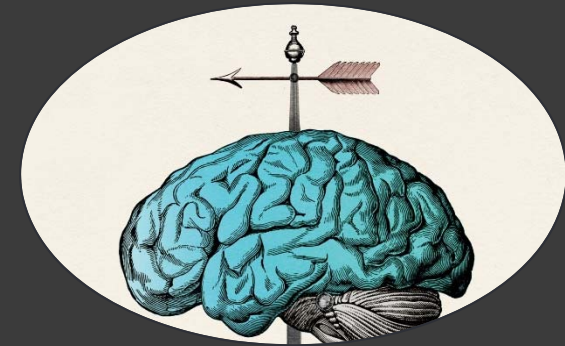
# WHY BE AN OPTIMIST?

Each of these is based on actual case studies:

- 1) Optimists Feel Healthier
- 2) Optimists Are Healthier
- 3) Optimists are More Likely to be Centenarians
- 4) Optimists Take Fewer Sick Days
- 5) Optimists Handle Stress Better
- 6) Optimists Are Happier
- 7) Optimists Have Happier 9 to 5s
- 8) Optimists Get More Job Offers and Promotions
- 9) Optimists Are Better at Bouncing Back
- 10) Optimists Make Better Athletes

Jessica Cassity, author

Is it possible for a pessimist to become an optimist?



The optimist fell ten stories.  
At each window bar  
He shouted to his friends,  
"All right so far."



THE PESSIMIST  
COMPLAINS ABOUT  
THE WIND

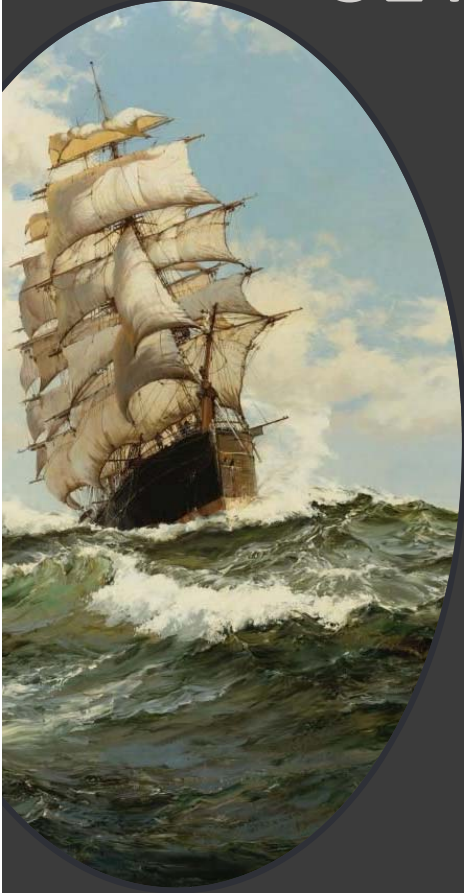
THE OPTIMIST  
EXPECTS IT TO  
CHANGE

THE REALIST  
ADJUSTS THE  
SAIL

- *William A Ward*



# SET YOUR SAILS!



ONE SHIP SAILS EAST,  
AND ANOTHER WEST,  
BY THE SELF-SAME WINDS THAT BLOW,  
TIS THE SET OF THE SAILS  
AND NOT THE GALES,  
THAT TELLS THE WAY WE GO.



LIKE THE WINDS OF THE SEA  
ARE THE WAVES OF TIME,  
AS WE JOURNEY ALONG THROUGH LIFE,  
TIS THE SET OF THE SOUL,  
THAT DETERMINES THE GOAL,  
AND NOT THE CALM OR THE STRIFE.

- ELLA WHEELER WILCOX

# BE THE CHANGE YOU DESIRE

- This takes an enormous amount of personal discipline, but it's possible.
- Need encouragement? Encourage others!
- Is everyone around you “in the dumps?”  
Make a conscious effort to be positive.

# THE BOOMERANG EFFECT

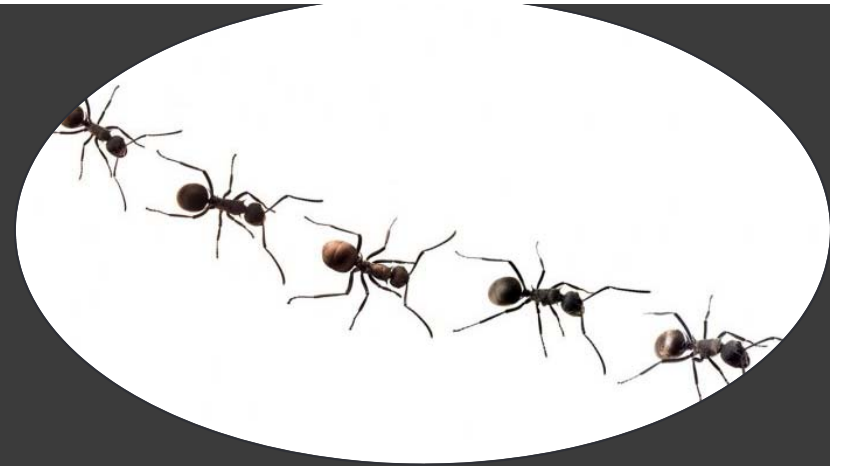


- **Speak words of life, and they will come back to you.**

Cast thy bread upon the waters: for  
thou shalt find it after many days.

Ecc. 11:1

# ANT's IN YOUR HEAD



Automatic

Negative

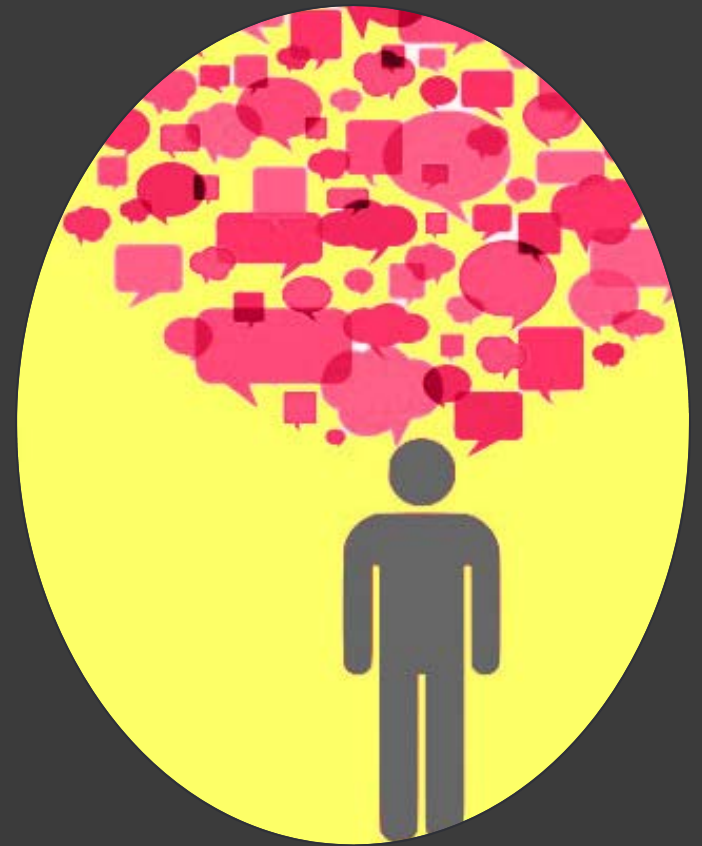
Thoughts = ANT's

Studies have shown that up to 80% of wandering thoughts are negative.

# WATCH YOUR SELF-TALK

Be careful of how you are talking to yourself because someone is listening.

Lisa M. Hayes





# IS HAPPINESS REALLY A CHOICE?

OVER 1 MILLION SOLD

## Happiness Is a Choice

NEW WAYS TO ENHANCE  
JOY AND MEANING IN YOUR LIFE

REVISED AND EXPANDED

Frank Minirth, MD  
& Paul Meier, MD



*4. the stone of*  
**TRUST**

Isa 26:3 Thou wilt keep *him* in perfect peace, *whose* mind *is stayed on thee*: because he trusteth in thee.

Isa 26:4 Trust ye in the LORD for ever: for in the LORD JEHOVAH *is* everlasting strength:

**[is stayed]**

sâmak

to lean, lay, rest, support, put,  
uphold, lean upon

**[trusteth]**

baṭach

- 1) to have confidence, to be bold, to be secure
- 2) to feel safe, be careless (care-less; that is, without a care)



I HAVE A KEY IN MY  
BOSOM CALLED  
**PROMISE**  
THAT WILL, I AM  
PERSUADED, OPEN ANY  
LOCK IN DOUBTING  
CASTLE.

JOHN BUNYAN



- Trust is necessary when it is dark and stormy.
- Greater trust is needed when we don't understand.
- That is the definition of trust. If we always understood, no trust were needed.





# Trust Him

Trust Him when dark doubts assail thee,  
Trust Him when thy strength is small;  
Trust Him when to trust Him simply  
Seems the hardest thing of all.

—Author Unknown





a few practical pointers...

- Do all you can within your power and position, then trust the Lord for the rest.
- The sovereign Controller of all the universe is in control. Do I believe that, or am I living as though I doubt His sovereignty? Rom. 8:28



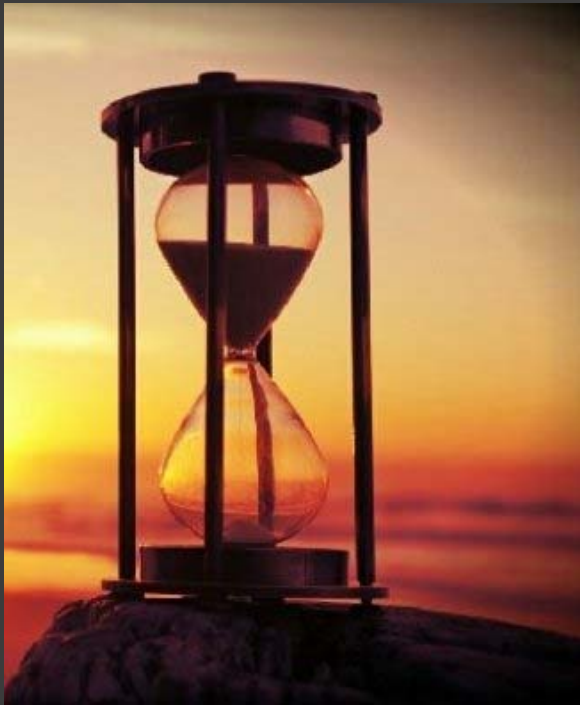
*5. the stone of*  
**WAITING**

# Waiting on God

- Multiple Hebrew words in the OT are translated wait.
- Here's what they mean:
  - to expect (qāvaḥ 6960)
  - to be dumb, to be astonished, to stop [rest] (dāmam 1826)
  - to be patient, hope (yāchal 3176)
  - to wait for, to hope for (sābar 7663)
  - to be silent, still, repose (dūmīyaḥ 1747)

Multiple Hebrew words are translated both wait and hope.

Is it this?



or this?



Psalm 27:13 *I had fainted,*  
unless I had believed to see  
the goodness of the LORD in  
the land of the living.

**Psalm 27:14** Wait on the  
LORD: be of good courage, and  
he shall strengthen thine  
heart: wait, I say, on the  
LORD.

Psalm 31:24 Be of good  
courage, and he shall  
strengthen your heart, all ye  
that hope in the LORD.



# Why should we wait on God?

*But they that wait upon the LORD  
shall renew their strength; they shall  
mount up with wings as eagles; they  
shall run, and not be weary; and  
they shall walk, and not faint.*

*Is. 40:31*

But the basis for why we should wait on God are given in the preceding verses!







*6. the stone of*  
**NATURE**



## WHY ENJOY NATURE?

- Takes our mind off our problems—provides focus on “something else”
- Opportunity to worship and praise our Grand Creator
- Free
- Surrounds us—right at our doorstep
- Gift from God

To watch the corn grow,  
or the blossoms set; to  
draw hard breath over  
ploughshare or spade; to  
read, to think, to love, to  
pray—these are the  
things that make men  
happy.

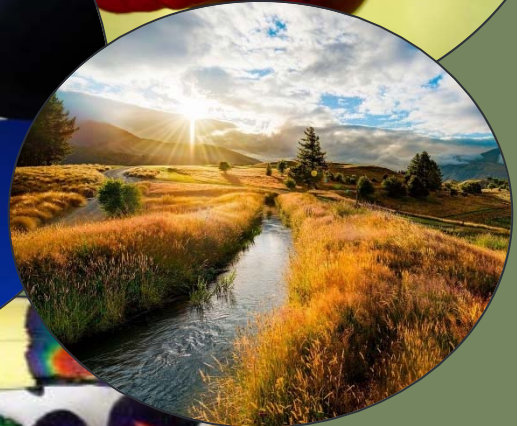
John Ruskin





# WHY DID GOD CREATE BEAUTY?

- Why so many flowers?
- Why the myriad flora and fauna?
- Why so many birds, and why do they sing?
- Why so many beetles?





**MIGHT IT JUST BE THAT GOD WANTS US TO  
ENJOY AND DELIGHT IN WHAT  
HE HAS CREATED?**





*7. the stone of*  
**TRUTH**



DOES GOD WANT YOU TO BE  
DISCOURAGED?

The truth is: NO

John 10:10 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have *it* more abundantly.



*8. the stone of*  
**PERSPECTIVE**

We are living in a defined sliver of time, and don't understand GOD'S BIG PICTURE.



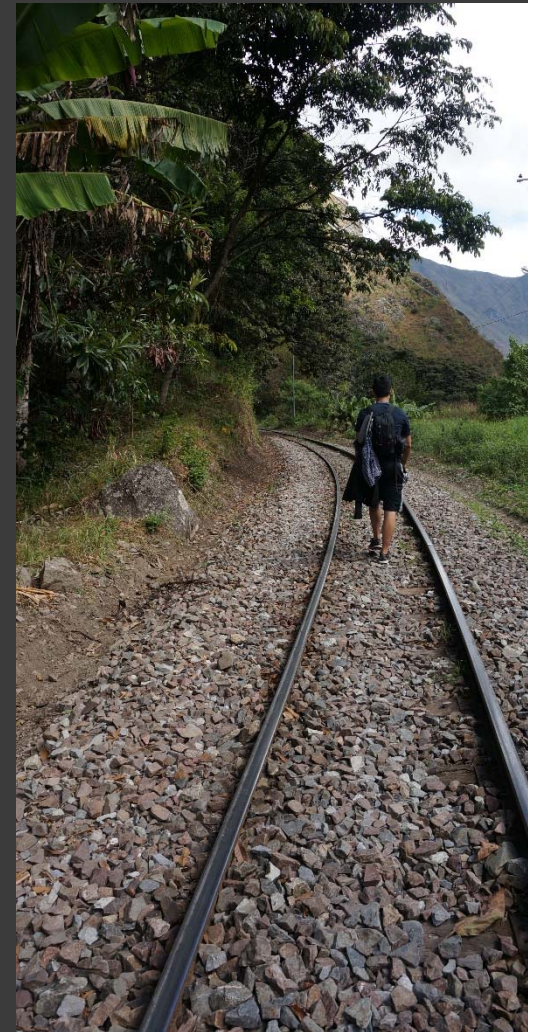


The old adage is true:

THIS TOO SHALL PASS.

I would like to add,

THEN WHO WILL I HAVE  
BECOME?





*9. the stone of*  
**HEALTH**

# HEALTH IS A GIFT FROM GOD

Are you taking care  
of your body?





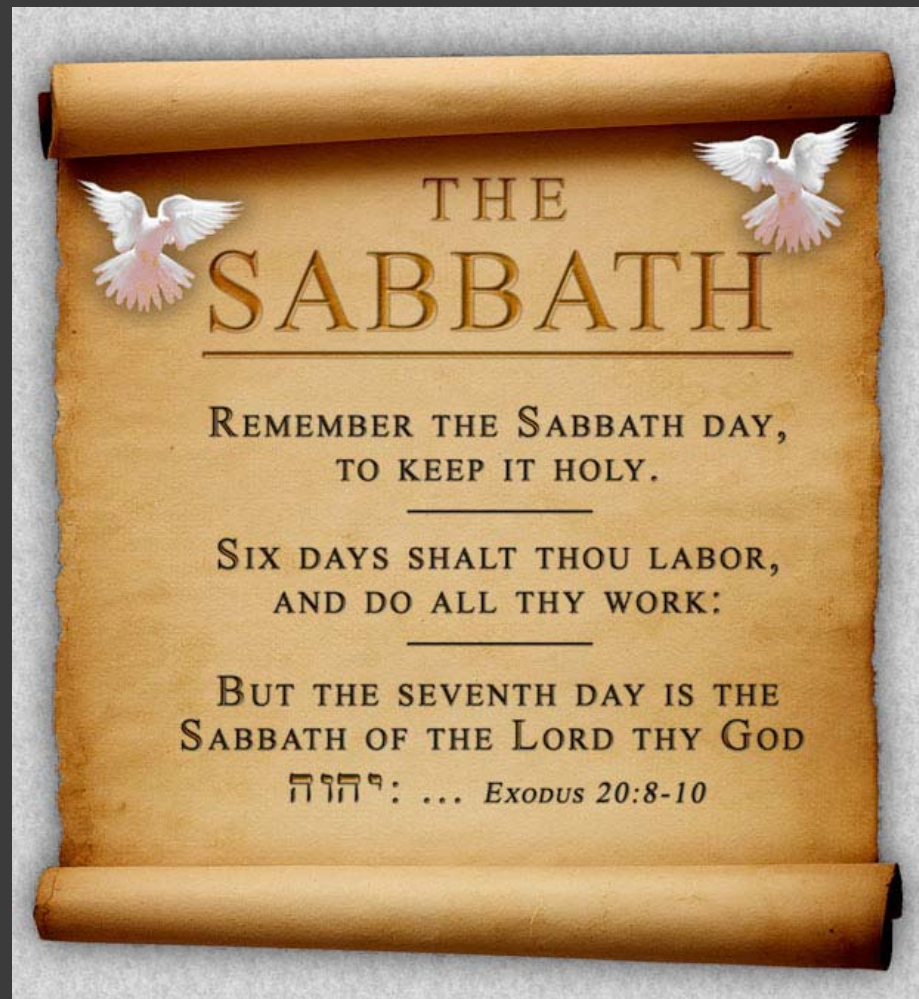
the THREE R's

○ Rest

○ Relax

○ Rejuvenate

# What do you do on Sundays?



## THE SABBATH

REMEMBER THE SABBATH DAY,  
TO KEEP IT HOLY.

SIX DAYS SHALT THOU LABOR,  
AND DO ALL THY WORK:

BUT THE SEVENTH DAY IS THE  
SABBATH OF THE LORD THY GOD

קדקדק: ... *Exodus 20:8-10*

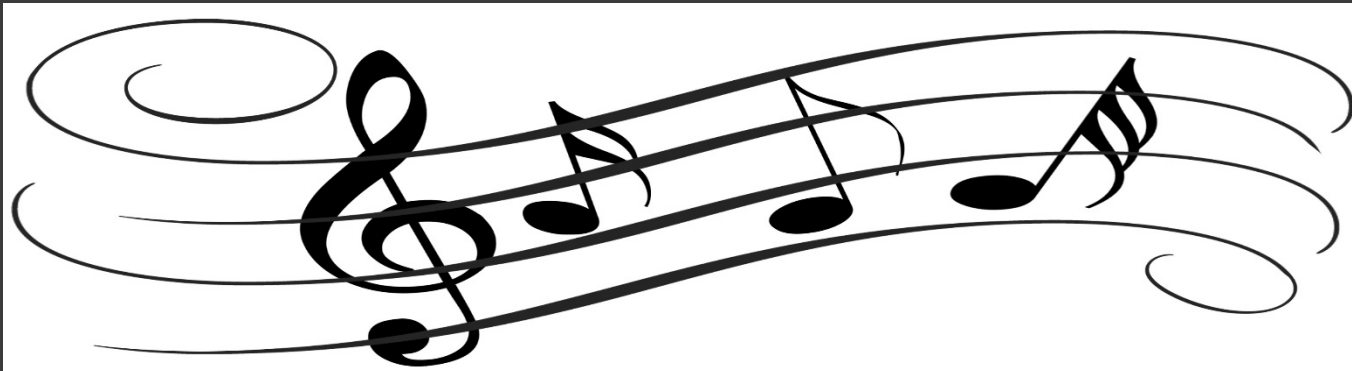


*10. the stone of*  
**MUSIC**

# MUSIC IS A GLORIOUS GIFT FROM GOD

Zeph. 3:17 The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.



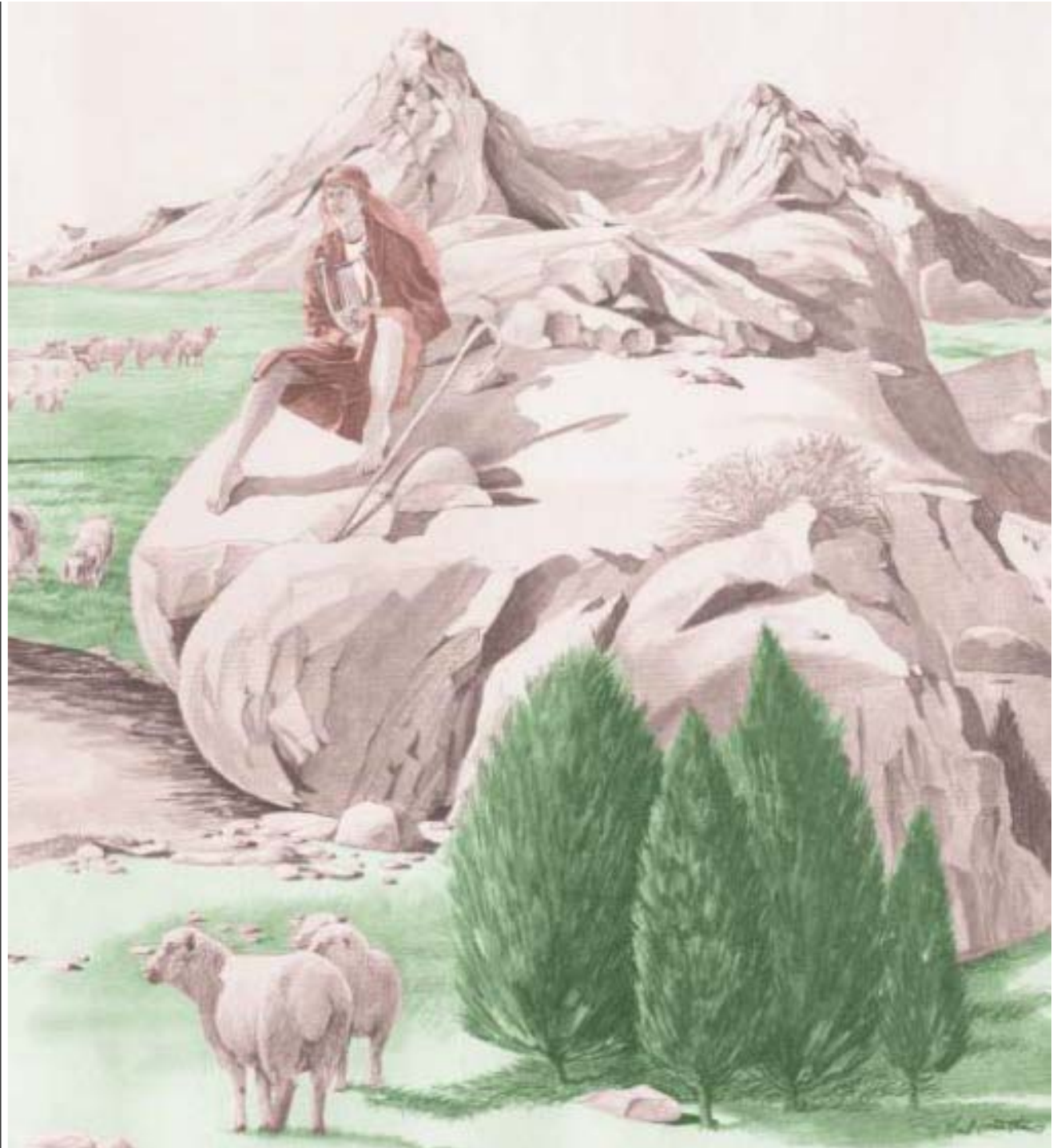


Music is one of the fairest  
and most glorious gifts of  
God, to which Satan is a  
bitter enemy; for it removes  
from the heart the weight of  
sorrow, and the fascination  
of evil thoughts.

Martin Luther



This is  
our goal:  
to slay  
Giant  
Despair  
and to  
rejoice!





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Feel free to contact me:  
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