

## **Pleasant Grove Baptist Church**

### **Sunday School Lesson**

**January 10, 2021**

1. Prayer Requests
2. Praises
3. Scripture Reading
4. Lesson: Overcoming Discouragement
5. Scripture Passage: 2 Corinthians 1:9

If you are feeling disheartened, take heart. In today's Scripture passage, even Paul faced feelings of intense discouragement. But Paul learned to live above his circumstances and so can we.

First, Paul focused on God rather than the problem. As we deal with life's trials, center your attention on Jesus. Jesus has the ability to handle whatever you are facing and can help you in miraculous ways.

Second, focus on the wisdom of God instead of the will of man. Seeking the counsel of others is always a wise idea; however, be sure that what your friends tell you agree with God's Word, which is the ultimate authority. Likewise, seek Jesus first on your own, because He always reveals Himself to those who seek Him.

Third, focus on the positive results rather than the personal pain. When trials come, ask the Lord to show you what He wants to accomplish through them and how you can join Him.

Paul lived above his circumstances because his focus was on Jesus and not on the trial. As a result, he gained the victory - and so can you. So, do not be disheartened. Trust Jesus and triumph!