



# PWOC

*Protestant Women of the Chapel*

## **WORKSHOP: UPSIE DAISY!**

### ***Dealing with Discouragement***

by Kristin Hathaway

## **PARTICIPANT'S GUIDE**

**RELEVANCE:** It is normal to get discouraged from time to time. The Bible shows us what to do when we get discouraged or when we recognize discouragement in others. Leaders need to know what to do when they feel discouraged and how to encourage those they lead and work with.

### **1. DISCOURAGEMENT**

- What is discouragement?

### **ACTIVITY: Examples from Scripture:**

- I Samuel 1:1-17
- I Kings 19:1-10
- Ezra 9:1-7
- Nehemiah 1:1-4
- Psalm 3
- Psalm 6
- 2 Corinthians 12:6-10



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### **SMALL GROUP DISCUSSION QUESTIONS:**

1. Why is the person in this passage discouraged?
2. How did he/she indicate their discouragement? (*consider body language, words, thoughts, actions, emotions, physical symptoms*)

## **II. ENCOURAGEMENT**

- What is encouragement?
- Ways to encourage ourselves and others:

## **III. PERSONAL DISCOURAGEMENT**

- One truth I want to remember the next time I am discouraged:
- One way I can encourage someone else:



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