

Addictions and the Discouraged Counselor

Keith Palmer

- I. Encouragement from Jeremiah – _____ *who God is*
(Lamentations 3)
- II. Encouragement from the Psalms – *Seek* _____ *in God and*
_____ *what He says*
- A. *Seek* _____ *in Him* (Pss. 2:12, 5:11, 7:1, 11:1, 14:6, 16:1, 17:7, 18:2,
18:30, 25:20, 31:1, 31:19, 34:8, 34:22, 36:7, 37:40, 46:1, 52:7, 57:1, 59:16, 61:3-
4, 61:7, 62:8, 64:10, 71:1, 71:7, 73:28, 91:2, 91:4, 91:9, 94:22, 118:8-9, 141:8,
142:5, 142:9, 143:9, 144:2)
- B. _____ *what He says* (Pss. 42:5, 42:11, 43:5, 119:28)

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III. Encouragement from Paul – _____ *God's Redemptive Purpose* (2 Corinthians 11:23-12:10)

IV. Practical pursuits to battle discouragement in counseling:

- A. Draw near to the _____ of Sorrows (Is. 53:3, Heb. 4:14-16, 2 Cor. 1:3-5)
- B. Read the _____. Let the Scriptures counsel you
- C. Be diligent to take your thoughts _____ (2 Cor. 10:5, Phil. 4:8)
- D. Minister out of a full “_____” (Ezra 7:10, 1 Tim. 4:16)
- E. Be a good _____... seek help from the body of Christ (1 Thes. 5:11, cf. 2 Cor. 7:4, 6-7, 7:13, Eph. 6:22, Col. 4:8, 11, 1 Thes. 3:8)
- F. Remember that “_____” defines success in ministry (Jeremiah, cf. Kent & Barbara Hughes, *Liberating Ministry from the Success Syndrome*)
- G. _____ your ways to God and pursue contentment in Him (Phil. 4:11-13)
- “Christian contentment is that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God’s wise and fatherly disposal in every condition” – Jeremiah Burroughs
- H. Recognize your _____ in the tapestry of God’s sovereign plan (1 Cor. 3:1-10)
- I. Resolve to _____ the power of the Word and the God of the Word (Heb. 4:12, cf. Is. 55:11, 2 Pet. 1:2-4)