

## The 5th Sunday of Easter ~ Sunday, May 18, 2025

### “Risen Indeed! ~ Defeating Discouragement”

John 21:1-14

The message of Easter is a message of \_\_\_\_\_: Because Jesus is alive we can have \_\_\_\_\_ in Him—we can live as people of hope. However, as we all know only too well, this isn’t always \_\_\_\_\_.

Sometimes we can get so worn down by the \_\_\_\_\_ of life that we can lose track of hope—and get overwhelmed by \_\_\_\_\_.

“I am utterly bowed down and prostrate; all day long I go around mourning. For my loins are filled with burning, and there is no soundness in my flesh. I am utterly spent and crushed; I groan because of the tumult of my heart.” (Psalm 38:6)

Discouragement =

Despair = *shachach* =

### 3 ELEMENTS OF DISCOURAGEMENT

- **It is** \_\_\_\_\_.  
No one is \_\_\_\_\_ to this disease—we can all catch it at any time—often when we least \_\_\_\_\_ it!

#### What have been your times of discouragement?

- **It is** \_\_\_\_\_.  
Being discouraged once does not give us \_\_\_\_\_ to the disease.

#### How often have you been discouraged?

- **It is** \_\_\_\_\_.  
Discouragement can be \_\_\_\_\_ by even the most \_\_\_\_\_ of contact.

#### How has someone else’s discouragement infected you?

### 3 RESPONSES TO DISCOURAGEMENT

- **Some people** \_\_\_\_\_ **back quickly.**  
Despite the fact that they’re feeling disheartened, they make a conscious and \_\_\_\_\_ decision to focus on the \_\_\_\_\_ of God; to remember what God has already done for them; and to make a \_\_\_\_\_ to continue trusting Him regardless of their \_\_\_\_\_.

When we react to discouragement in this way, \_\_\_\_\_ begins to rise up

inside of us; \_\_\_\_\_ begins to dispel the darkness; and we begin to move from discouragement to \_\_\_\_\_.

- **Others have a harder time regaining their** \_\_\_\_\_.  
Some of this has to do with individual \_\_\_\_\_, personality type, life experience, and other \_\_\_\_\_ effecting them at the same time.

The enemy loves to trick us into believing that it’s somehow ‘therapeutic’ for us to \_\_\_\_\_ on the misery of discouragement for while. He capitalizes on the \_\_\_\_\_ part of our being—on our flesh—and keeps us from responding in the \_\_\_\_\_ to the grace and mercy that God is offering us.

- **Those who** \_\_\_\_\_ **to the darkness of discouragement.**  
And for a season—or even indefinitely—lose sight of their \_\_\_\_\_ and the goodness of God, and turn away from the Lord.

“Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Saviour and my God!” (Psalm 42:11)

The best thing we can do when we’re discouraged is put our hope in \_\_\_\_\_.

The disciples decided to return to the \_\_\_\_\_ they knew before they met Jesus. Maybe you can relate. When life doesn’t work out according to \_\_\_\_\_; when it throws us a curve ball; when the waves are crashing in on every side, often our natural reaction is to go back to where we feel most \_\_\_\_\_—and the most in \_\_\_\_\_.

God promises to come to us and \_\_\_\_\_ us in our discouragement.

The risen Jesus had come to them in the midst of their discouragement—in the midst of \_\_\_\_\_—dispelling the darkness and bringing renewed faith and joy.

### DEFEATING DISCOURAGEMENT: 4 LESSONS

**Lesson #1.** \_\_\_\_\_.  
There’s rarely any \_\_\_\_\_ back in the old way of life—at least spiritually. When a person who really knows the Lord turns back to the old way of life, they can’t enjoy it because once we’ve experienced life with Jesus, nothing can ever take its place—nothing can truly \_\_\_\_\_!

Going \_\_\_\_\_; reverting to old ways, \_\_\_\_\_ away—whatever you want to call it—is really just giving up. We can’t go back, but we can go \_\_\_\_\_.

“And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.” (1 Peter 5:10)

Peter puts all of our \_\_\_\_\_–all of our seasons of discouragement–into their proper \_\_\_\_\_. No matter how hard life gets–no matter how much we suffer–no matter how discouraged or frustrated we feel–we can’t give up because God promises to \_\_\_\_\_ us–in His time and in His way. Until then, all we can do is trust in Him and hold on!

**How much discouragement can we take for God?**

**How bad does it have to get before we’re tempted to quit?**

**Lesson #2.** \_\_\_\_\_.  
The disciples had reached the \_\_\_\_\_ of themselves–the end of their resources, \_\_\_\_\_, experience, \_\_\_\_\_. They had nothing left.

It’s only when we come to the end of what \_\_\_\_\_ can do, that we’re ready to see what \_\_\_\_\_ can do.

“...apart from me you can do nothing.” (John 15:5)

“Not by might nor by power, but by my Spirit, says the Lord Almighty.” (Zech 4:6)

Despite our best efforts–despite our gifts, talents, and abilities; despite our education, training, and experience–without \_\_\_\_\_ we’re nothing and we can accomplish \_\_\_\_\_. However, the \_\_\_\_\_ is also true.

“I can do all things through Christ who strengthens me.” (Philippians 4:13)

**Are you trusting in Jesus to be your strength and provider or are you trusting in yourself?**

**Lesson #3.** \_\_\_\_\_.

“Children, do you have any fish?” (John 21:5)

“I write to you, dear children, because you have known the Father.” (1 John 2:13)

Children = *paidion* =

It’s a term of \_\_\_\_\_ which illustrates Jesus’ \_\_\_\_\_ for His disciples–even though they had \_\_\_\_\_ up.

When we choose to \_\_\_\_\_ Jesus–no matter how we’re \_\_\_\_\_; no matter how \_\_\_\_\_ we are; whether it makes sense or not–Jesus is \_\_\_\_\_.

“Whether it is favourable or unfavourable, we will obey the Lord our God...” (Jeremiah 42:5)

Even though it didn’t make sense, they \_\_\_\_\_ to obey. And in doing so, they learned a very important lesson: God’s blessings are \_\_\_\_\_ than we think. And when God blesses, He does so \_\_\_\_\_.

“I will send down showers in season; there will be showers of blessing.” (Ezekiel 34:26)

**How many blessings have you missed out on because of a lack of obedience?**

**Lesson #4.** \_\_\_\_\_.  
Although John recognized Jesus first, it was Peter who \_\_\_\_\_. There was no \_\_\_\_\_, no \_\_\_\_\_, or fear. Peter didn’t need any confirmation, because He knew it was Jesus.

Peter would not let anything stop Him from \_\_\_\_\_ the Saviour.

**Will you do whatever it takes to get as close to Jesus as you can?**

We can’t be \_\_\_\_\_ about this. Spiritual growth only happens when we draw \_\_\_\_\_ to Jesus.

We are as close to Jesus as we \_\_\_\_\_ to be. At least eight times in the New Testament we’re told to “make every \_\_\_\_\_” in our spiritual growth. We can’t sit around and just \_\_\_\_\_ for growth to happen. Growth always begins with a \_\_\_\_\_.

**Are you as close to Jesus as you want to be? Are you willing to get out of the boat and seek Jesus as passionately as Peter did?**

The disciples needed to be \_\_\_\_\_ and the only way that was going to happen was through an \_\_\_\_\_ with the risen the Jesus.

Like the disciples on the boat that morning, sometimes, despite our best efforts; despite our hard \_\_\_\_\_ and sacrifice; we can come up \_\_\_\_\_.

**Have you been working hard and still coming up empty–are you discouraged and in need of hope?**

This story ends with an \_\_\_\_\_.

“When they got out on land, they saw a charcoal fire in place, with fish laid out on it, and bread...Jesus said to them; ‘Come and have breakfast.’” (John 21:9ff)

Jesus knew they needed to have their \_\_\_\_\_ needs met before He could minister to their deeper, \_\_\_\_\_ needs. Through this encounter, the disciples had come to the shores of God’s amazing \_\_\_\_\_ and were invited back into \_\_\_\_\_ with Jesus and each other.