

12 Questions to Ask When Discouraged

Discouragement is a loss of confidence or enthusiasm resulting from our doubting a certain desired outcome will happen. Discouragement is one of the “giants” we all face. Here are some questions you can ask yourself when you are battling discouragement.

- 1

Are you taking care of yourself?
- 2

Are you highly visionary?
- 3

What are you thinking about when you go to sleep?
- 4

What person of faith, compassion, and wisdom can you talk to, pray with, and receive help from?
- 5

What messages do you need pouring into you right now?
- 6

Have you experienced “hope deferred”? – “Hope deferred makes the heart sick, but a longing fulfilled is a tree of life” (Proverbs 13:12).
- 7

What are the lies fueling this discouragement?
- 8

What advice would you give someone who is battling discouragement?
- 9

Do you know what God is doing in your life regarding what you are discouraged about?
- 10

Do you know everyone battles some level of discouragement?
- 11

How can you increase your connection with your Designer?
- 12

Who can you encourage today?

Which of these questions most speaks to you?

What are the most important action steps you can take based on your answers?

Who can you encourage today?