



## “Discouragement”

*How to Bounce Back*  
*II Corinthians 7:1-7*

*It's a time to upgrade our:*

### **I. Commitment** – “let us cleanse ourselves” (vs. 1-2)

*Upgrading our commitment to:*

- A. Holiness** – “perfecting holiness”
- B. Hospitality** – “Receive us”
- C. Helpfulness** – “we have wronged no man”

### **II. Communication** – “I speak not this to condemn you” (vs. 3-4)

*Upgrading our communication with:*

- A. Compassion** – “ye are in our hearts”
- B. Confidence** – “Great is my boldness of speech toward you”
- C. Commendation** – “great is my glorying of you”

### **III. Comfort** – “God...comforts those who are cast down” (vs 5-7)

*Upgrading our comfort by:*

- A. Receiving** - “comforted us by the coming of Titus”
- B. Reporting** – “when he told us your earnest desire”
- C. Rejoicing** – “so that I rejoice the more”

## Sentence Sermon

*“The long shadows of discouragement have often stretched across my path.  
Those times have been bittersweet - bitter at first, sweet later on”.*

Charles Swindoll

## Additional Verses

- *I Peter 2:2*
- *II Peter 3:18*
- *Ephesians 4:15*
- *John 3:30*
- *Romans 13:14*
- *Luke 4:13*
- *I Thessalonians 4:13; 147:3*
- *James 1:2*
- *Psalms 40:1-3*
- *II Corinthians 11:28*
- *Acts 20:26*

## Questions to Ponder

1. What are the key words or phrases in this passage?
2. Who are the central characters of the passage?
3. How does holiness get perfected?
4. What “the fear of God” look like?
5. Why does Paul glory in the Corinthians believers?
6. What are some of the people/things that comforted Paul?
7. What are some of the things that cause you to be cast down or depressed?
8. What are some of the things/people that comfort you?
9. What are some of the communication lessons from verse 7?
10. Who do you think would be encouraged by a good report from you?
11. What are some things that you do to overcome discouragement?
12. Who do you want to encourage this week?