



“Discouragement and Its Origins”

For humans, there exist many evils and sufferings, which are capable of making someone lose their balance. These evils and sufferings can be transitory or lasting. In their own time they will affect specific areas that, if not put under control, could migrate to other areas and as a consequence, manifest great evils. If we refer to physical and material sicknesses then no one, when affected, can progress with peace and liberty. Nevertheless, one way or another we make efforts or auto-motivations, and in that form we're on our way to fulfill our goals and commitments although maybe complaining or with some type of anguish.

There may be other evils, like the problems we come across on our daily lives. Maybe some personal contradictions related to our environment, which can cause affliction: family, economic, and interpersonal problems. Some may be unexpected: mourning, separation, losses etc., which can be undertaken and dealt with in the best way possible. Nevertheless, I would like to talk about a fatal sickness, which affects all the areas in human personality, including spiritually. If this sickness is not dealt with, it will drive the individual to depression, and anguish, with extremes leading to progressive personal demotivation. This can be seen through depression and lack of self-interest, losing even the meaning of life. I am talking about the sickness of discouragement. What is discouragement and which are its causes?

Discouragement refers to someone lacking illusion, disheartened, downcast, and barren. Someone who through experiencing failure, contempt, inefficiency, and contrariness is not able to look further ahead and search for an escape. This is the worst sickness of this form, because if someone loses their drive/spirit, who is able to bring them back? The word of God tells us regarding human spirit in all aspects, and regarding health it says the following: “the human spirit can endure in sickness, but a crushed spirit who can bear?” (Pro 18:14, NIV). We all go through difficult times regarding a lack of understanding of circumstances, but the scripture tells us: “We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body” (2 Cor 4:8-10). There are other additional causes deeper in understanding regarding discouragement, and they are: the lack of faith and intimacy with God. The provocations of empty-minded people and not meeting our goals, causes immense frustration. In these circumstances of

frustration we blame: people, acts, events, and phenomena that affect us direct or indirectly. This drives us to believe that we are the victims on everything, “puckering” and “trudging”, like selfish little kids, asking for pity from others towards us, to be comforted, instead of being productive in the society we live in. All of these circumstances, in the context of the spiritual body of Christ, are constituted as false and selfish, to the ones that are referred by apostle Peter as: “These people are springs without water and mists driven by a storm” (2 Pe 2:17), all for the lack of knowledge. Only the knowledge that comes from the Almighty will make us comprehend what the scriptures say regarding: “and we know that in all things God works for the good of those who love him, who have been called according to his purpose” (Ro 8:28). Beloved brother, when knowledge comes into our lives, real peace comes as well and rest for the spirit. It translates into continuous encouragement and to a stability, which encompasses all the areas of a human being, including that which is material. Nevertheless, the spirit may prevail over the flesh in order to govern the flesh fully; let us read: “For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. For those who are led by the Spirit of God are the children of God” (Ro 8:13-14). It is regrettable to think that men and women knowledgeable of the virtues of the word of God and that also brag about an excellent communion with the true God, are victims of discouragement. They are incapable of overcoming their own anemic crisis, manifesting their slavery to people and even medicine. People who need emotional crutches, such as music, rhythms, movies, videos, and they just cannot live without them. They search for ways out of their homes, running away from themselves. They search for amusements and multiple alternatives to pleasure; even extreme sports and exotic pleasures. Just remember: nothing that is material will satisfy our internal being, and before the inevitable frustration there will come discouragement where all of those who have not known the living and true God are found, always trying to find a “better” alternative. The circle of discouragement is then closed and they are trapped within it. Let us search immensely for the eternal God, who will give us the perfect knowledge and intelligence in order to be happy now. With the best expectations of spirit and with the hope of an eternal life, let us keep forward; our God is of much encouragement and is also real!

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