



## Dealing With Discouragement

### Introduction

The most important thing doesn't always get the first priority—but it should. What will it take to stop being distracted by the urgent and start focusing on the meaningful? Today, let's slow down and decide to put first things first.

### Pray

Don't forget that if anything significant happens, it's because God moved. Start by asking God to bless this time.

### Practice Truth

1. Have you had any interests, hobbies, or passions that you've given up on?
2. What do you remember from the message?
3. Why were the people so discouraged at the temple progress? Can you relate? How?
4. Which is more discouraging to you: comparison or lack of progress? How does it play out for you?
5. What is something you've thought of quitting?
6. Are you better at identifying the changes you need to make or actually doing the work to make changes?
7. What do you feel keeps you from being strong and doing the work you need to do to get past discouragement?

### Doing Life Together

When you're feeling fully alive and successful, what's consistently different about your life? How can you do more of that?