



# The Notes

## Thriving in Exile

### Part 3: "Think Right"

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Dr. John Gallegos

#### HOW SHOULD I THINK WHEN I GET DISCOURAGED?

*"Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."*

**Psalm 42:5** (NIV)

#### I CAN OVERCOME DISCOURAGEMENT WHEN I REMEMBER...

1. ... \_\_\_\_\_ GETS DISCOURAGED \_\_\_\_\_.

*"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*

**Joshua 1:9** (NIV)

*"Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom brush, sat down under it and prayed*

*that he might die. 'I have had enough, Lord, he said. 'Take my life; I am no better than my ancestors.'*

**1 Kings 19:3-4 (NIV)**

**2. ...THAT \_\_\_\_\_  
OF \_\_\_\_\_.**

*"The Lord is with me; I will not be afraid. What can mere mortals do to me."*

**Psalms 118:6 (NIV)**

*"For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified. What, then, shall we say in response to these things? If God is for us, who can be against us?"*

**Romans 8:29-31 (NIV)**

**3. ... \_\_\_\_\_ GOD HAS  
\_\_\_\_\_.**

*"Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ."*

**Ephesians 1:3 (NIV)**

*"Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and*

*compassion, who satisfies your desires with good things so that your youth is renewed like the eagles.”*

**Psalm 103:2-5 (NIV)**

**4. ...TO USE \_\_\_\_\_ TO**

*“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”*

**2 Corinthians 1:3-4 (NIV)**

*“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”*

**Galatians 6:2 (NIV)**