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**Fellowship of Companies for Christ
 Greater Hartford Chapter
 March 18, 2015**

- Welcome! Opening prayer and praise reports
- FCCI update
- **Today's topic: Casting Out Business Discouragement**



Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved. --Psalm 55:22

It's VERY easy to get discouraged in today's business world. External and internal dynamics can blow the wind out of anyone's sails. For example, we can get discouraged due to **heavy workloads** (Numb 11:10-15); **defeats**, like losing a promotion, a major client, or a big proposal (Joshua 7:7-9); **failures or mistakes** (1 Kings 19:2-4); or **health problems** that hinder us from accomplishing all that we want (Isaiah 38:9-20). Discouragement is as common to business owners as sipping your morning coffee! It's what you do when discouragement enters your heart, mind, body and soul that's important. Men have a tendency to go into a "cave" and brood. They don't want to talk to anyone or go anywhere. After a while, they climb out of the cave and begin to move on. Women have a tendency to deal with discouragement in just the opposite way, by sharing it with friends. They WANT to talk it through and then move on.

When you and your colleagues get hit with a major business discouragement, keep moving forward. Don't go into paralysis! In 1 Kings 19:9-18, Elijah went into the paralysis of his "cave," and God told him to get up and move forward. In Psalms 55:22, God tells us to give our burdens (including discouragements) to Him and He will keep us going. In Mark 6:31, the Lord reminds us that sometimes we need to take a break and recharge our mental, emotional, physical, and spiritual batteries. And Luke 21:28 tells us to keep a Godly perspective. No matter what discouragements we face in this world, our redemption draws nigh. For Christians, this world is the worst it gets...for unbelievers, this is the best it gets. Praise God for His indescribable gift! Understand, too, that different people on your team will have different ways of coping with discouragement. Give them some "space" to work things through, but set the example by trusting in God and soaring like an eagle!

Evaluate yourself from 1 (weak) to 10 (strong) in terms handling discouragement at work.	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating?										
What benefits might you enjoy by handling discouragement more wisely?										
What specific actions can you take to do that?										

- Next meetings: April 1 and April 15
- Iron Sharpens Iron this Saturday in Bloomfield
- Closing prayer