

I. Introduction

II. The Envy Trap

**Psalm 73**

III. The Doubt Trap

**James 4:7**

**Hebrews 4:14-16**

**Matthew 11:28-30**

IV. The Denial Trap

**Hebrews 4:14-16**

V. The Discouragement Trap

**Deuteronomy 1:19-33**

**Psalm 55:22**

Questions

1. Why does a horizontal focus result in envy?

2. How can Hebrews 4:14 help in times of suffering?
3. How can we recognize discouragement and take measures to prevent it from slowly taking control?