

1. Discouragement can often lead to depression and when depression gets a grip on you it then can lead to despair. However, through the sacrifice of Jesus, he offers a new and living way of life that gives hope and freedom from sin. (A New Covenant). (Hebrews 10:16)
2. Hebrews 10:19-22 tells us to draw near to the presence of God.
3. Encouragement is the work of the Holy Spirit through his church (Hebrews 10:24-25)