

# DUMP YOUR DISCOURAGEMENT

Nehemiah 4:6-12

## Common Causes of Discouragement

### 1. We get discouraged... When something takes longer than expected.

- This causes: **FATIGUE**.

- Discouragement often occurs at the ½ way point.

*“So we rebuilt the wall till all of it reached half its height, for the people worked with all their heart.” Neh 4:6*

*“Meanwhile, the people in Judah said, ‘The strength of the laborers is giving out, and there is so much rubble that we cannot rebuild the wall.’” Neh 4:10*

*“They attacked you when you were exhausted and weary, and they struck down those who were straggling behind. They had no fear of God.” Deut 25:18*

### 2. We get discouraged... When something is more complicated than expected.

- This causes: **FRUSTRATION**.

*“Besides that, there is so much rubble and trash to be removed.” Neh 4:10b*

- What’s the rubble in your life? Rubble can keep you from God’s BIG picture goals in your life.

*“Come Lord and show me mercy, for I feel helpless, overwhelmed and in deep distress.” Ps 25:16 (LB)*

### 3. We get discouraged... When we start to doubt our own abilities.

- This causes: **A sense of FAILURE**.

*“The people said, ‘We now realize we cannot finish the wall.’” Neh 4:10c*

- If at first you don’t succeed ... you’re NORMAL.
- Trust God. There is no COMEBACK w/o first a SETBACK.

*“I can do all things...” Phil 4:13*

*“And my God shall supply ALL your needs...” Phil 4:19*

### 4. When the opposition grows stronger.

- This causes: **FEAR**

*“Meanwhile, our enemies were saying, ‘Before they know what’s happening, we will swoop down on them and kill them and end their work.’ The Jews who lived near the enemy came and told us again and again, ‘They will come from all directions and attack us!’” Neh 4:11-12 NLT*

- Stop listening to the wrong people. Wrong sources.
- Go on a news “fast”

## **God's Rx For Your Discouragement**

### **1. REORGANIZE whatever is not working.**

*"Therefore I stationed some of the people behind the lowest points of the wall at the exposed places, posting them by families, with their swords, spears and bows."*

*Nehemiah" Neh 4:13*

See also: Heb 10:25; Heb 4:25

### **2. REFOCUS on God.**

*"After I looked things over, I stood up and said to the nobles, the officials and the rest of the people, 'Don't be afraid of them. Remember the Lord, who is great and awesome.'" Neh 4:14*

- Think about ...
  - His GOODNESS to me in the past.
  - His CLOSENESS to me in the present.
  - His POWER for me in the future.
- Get your THOUGHTS OFF of the negative.
- Remember: your thoughts determine FEELINGS.
  - Want to change how you feel? Change what you think about.

*"When I had lost all hope, I turned my thoughts, once again, to the Lord." Jonah 2:7*

See also: Psalms 119:25-32

### **3. RESIST discouragement.**

*"After I looked things over, I stood up and said to the nobles, the officials and the rest of the people, 'Don't be afraid of them. Remember the Lord, who is great and awesome, and fight for your families, your sons and your daughters, your wives and your homes.'" Neh 4:14*

- Satan's TWO big tools – distraction and discouragement. (See: Eph 6:10-18)
- Discouragement is a CHOICE.