



# DEALING WITH DISCOURAGEMENT

NEHEMIAH CHAPTER 4

## Discouragement Is

1. \_\_\_\_\_ – none of us are immune
2. \_\_\_\_\_ – it can happen over and over
3. \_\_\_\_\_ – it can pass from person to person

## External Reasons for Discouragement

1. \_\_\_\_\_ – verses 1-3
  - Sanballat and Tobiah \_\_\_\_\_ and made fun of the workers and their work
  - When you get involved in God's work, you can expect \_\_\_\_\_
2. \_\_\_\_\_ – verses 7-8
  - Now the enemies were threatening to \_\_\_\_\_ the workers from all directions
  - The physical \_\_\_\_\_ that the workers were facing was extremely discouraging

## Internal Reasons for Discouragement

1. \_\_\_\_\_ – verse 10a
  - When you are physically \_\_\_\_\_, it is very easy to become discouraged
  - Sometimes the most spiritual thing you can do is get some \_\_\_\_\_
2. \_\_\_\_\_ – verse 10b
  - The workers became discouraged because they were so \_\_\_\_\_ with the situation
  - We can lose sight of our goal when we have too much \_\_\_\_\_ in our life – Hebrews 12:1

3. \_\_\_\_\_ – verse 10

- The enemies of the Lord's work had struck \_\_\_\_\_ in the hearts of God's people
- The threats led to fear which led to exaggeration which led to \_\_\_\_\_ discouragement
- Up to 92% of our fears may be unfounded but we should hand over even our valid fears to \_\_\_\_\_ – Philippians 4:6

### Remedies for Discouragement

1. \_\_\_\_\_ God's Presence – verses 4-5, 9

- Nehemiah prayed to God asking Him to \_\_\_\_\_ their opponents
- When people talk against you, don't talk back, talk to \_\_\_\_\_ – Philippians 4:6

2. \_\_\_\_\_ Your Priorities – verse 13

- Nehemiah put guards in the \_\_\_\_\_ spots which discouraged the enemy and encouraged the workers by dealing with their fear
- Sometimes we need to look at our lives and make a change in \_\_\_\_\_ so we don't get discouraged and quit

3. \_\_\_\_\_ God's Power – verse 14

- Nehemiah knew that the success of the wall was wholly \_\_\_\_\_ on God
- When we're down, we need to turn our \_\_\_\_\_ from our discouragement to the One who is able to do something about it – our all-powerful, faithful God

No matter how bad things get, no matter how discouraging a situation may be, know that God is always there and that you can fall safely into His everlasting arms – Deuteronomy 33:27