



Midweek Study

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REBUILDING my BROKEN WORLD



Through Nehemiah

Defeating Discouragement

Nehemiah 4:10-23

“You can define the greatness of a man by what it takes to discourage him.” - Jerry Falwell

When you get down, you tend to slow down, which makes you shut down.

Depression – a deep prolonged melancholy mood.

Discouragement – A loss of excitement for a specific task.

I. The **TIMING** of Discouragement

4:6 – “So we built the wall, and the entire wall was joined together up to half its height...

When you are halfway, there is the potential for discouragement.

II. The **TACTICS** of Discouragement (4:10-12)

4:10-12 - Then Judah said, “**The strength of the laborers is failing**, and there is **so much rubbish** that **we are not able** to build the wall.” 11 And our adversaries said, “They will neither know nor see anything, **till we come into their midst and kill them and cause the work to cease.**” 12 So it was, when the Jews who dwelt near them came, that **they told us ten times**, “From whatever place you turn, they will be upon us.”

a. **A loss of STRENGTH^a** (“the strength is failing”)

Think of how discouraged Elijah was after the Mount Carmel event against the prophets of Baal.

b. **A loss of VISION** (“so much rubbish”)

Think of the parents with young children who clean the house, then look around only to see it is dirty again – “It’s still messy!”

^a The phrases in this list are attributed to Charles Swindoll.

- c. **A loss of CONFIDENCE** (“we are not able”)
- d. **A loss of SECURITY** (4:11-12)
For example, kids leave and move out of state, you experience a job loss, or you are faced with an unexpected medical challenge.

III. The **TECHNIQUES** to Defeat Discouragement

1. **Regain Your Perspective (4:13-14)**

- Why are you doing this? For your family and neighbors

2. **Remember the Lord (4:14)**

- John 16:33 — “These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

See also Psalm 42:5; Romans 8:31, 37; Lam. 3:19-23; 1 Corinthians 1:8b-9

3. **Return to the Work (4:15)**

- Laziness can lead to discouragement.

4. **Rally Together (4:20)**

- Don't do it alone. You need a church family
- See Hebrews 10:24-25; 1 Thess. 5:11
- Tony Evans once wrote, “MANY churches are in need of what every football team has: cheerleaders. The job of a cheerleader is to tell everybody "we're going to make it." No matter how bad things look on the score-board, there is still hope. Cheerleaders cheer all the way to the end of the game and will act like the team is winning by a big score even when there may be no way that a victory is possible. Their job is to be a cheerleader. When folks come into today's sanctuary with broken lives, they need to run into some cheerleaders, folks who are willing to cheer them on and tell them that they are going to make it.”

5. **Resist Selfishness (4:14, 17)**

- Serve others (it will pull you out of your discouragement faster!)
- See Galatians 6:9; 1 Corinthians 15:58