



ANSWERS TO LIFE'S PROBLEMS
“THE ANSWER FOR DISCOURAGEMENT”
NEHEMIAH 4

DISCOURAGEMENT IS A SERIOUS PROBLEM AMONG CHRISTIANS, AND IT IS CONTAGIOUS. WHAT LEADS TO IT, AND HOW CAN WE OVERCOME IT? THE STORY OF NEHEMIAH CAN TELL US.

FATIGUE

ONE REASON PEOPLE BECOME DISCOURAGED IS BECAUSE THEY ARE TIRED. THEY ARE MENTALLY AND PHYSICALLY DRAINED. NEHEMIAH'S PEOPLE WERE IN THIS SITUATION. IN VERSE 6 WE SEE THAT ONCE THE WALL WAS HALF-WAY COMPLETED, THE WORKERS BECAME DISCOURAGED. THE TIME WHEN WE ARE MOST APT TO BECOME DISCOURAGED IS HALF-WAY THROUGH A PROJECT. THAT IS WHY SO MANY PEOPLE SELDOM COMPLETE ANYTHING.

FRUSTRATION

VERSE 10 GIVES US A SECOND REASON—FRUSTRATION. ALL OF THE RUBBLE AND DEBRIS MADE NEHEMIAH'S WORKERS FRUSTRATED AND THAT LED TO DISCOURAGEMENT. THE RUBBLE AND TRASH IN OUR LIVES CAN CAUSE US TO BECOME FRUSTRATED AND DISCOURAGED, SO WE NEED TO LEARN HOW TO GET RID OF ALL OF THOSE LITTLE TRIVIAL THINGS WHICH SEEM TO PILE UP AND PREVENT US FROM ACCOMPLISHING OUR GOALS.

FAILURE

VERSE 10 ALSO TELLS US A THIRD REASON WE GET DISCOURAGED—FAILURE. THE WORKERS WERE UNABLE TO COMPLETE THEIR TASK AS QUICKLY AS THEY HAD ORIGINALLY PLANNED, SO THEIR CONFIDENCE WENT DOWN THE TUBES, THEY LOST HEART, AND GOT DISCOURAGED. HOW DO WE HANDLE FAILURE IN OUR LIVES? DO WE BLAME OTHERS? DO WE SEE FAILURE AS ONLY A TEMPORARY SETBACK?

FEAR

VERSE 11 GIVES US A FOURTH REASON WHY WE GET DISCOURAGED. THERE WERE SOME WHO WERE ENEMIES OF NEHEMIAH AND THE JEWS, AND THE WORKERS BECAME AFRAID. FEAR LED TO DISCOURAGEMENT. OUR PRESENT FEARS MAY BE DISCOURAGING US RIGHT NOW.

REORGANIZE

NEHEMIAH TRIED TO ADDRESS THESE FACTORS WHICH LED TO DISCOURAGEMENT ON THE PART OF HIS PEOPLE. THE FIRST THING HE DID WAS TO REORGANIZE (V. 13). WHEN WE GET DISCOURAGED ONE OF THE FIRST THINGS WE NEED TO DO IS TO REORGANIZE OUR LIFE. WE SHOULDN'T GIVE UP OUR GOALS BUT INSTEAD DEVISE A NEW APPROACH. WHEN WE GET DISCOURAGED IT DOESN'T NECESSARILY MEAN WE ARE DOING THE WRONG THING; WE MIGHT BE DOING THE RIGHT THING THE WRONG WAY. IT WAS NOT WRONG FOR THESE JEWS TO REBUILD THE WALL; THEY JUST NEEDED TO FIND A BETTER WAY TO DO IT.

NEHEMIAH FOCUSED ON HIS PRIORITIES, AND WE NEED TO DO THE SAME THING.

REMEMBER YOUR LEADER

NEHEMIAH OVERCAME DISCOURAGEMENT BY REMEMBERING HIS LEADER—THE LORD. HE ENCOURAGED THE OTHERS TO DO THE SAME. HE RECOMMITTED HIMSELF TO THE LORD. IN DOING SO HE WAS ABLE TO DRAW UPON GOD'S POWER. WHAT ARE SOME SPECIFICS IN REMEMBERING THE LORD?

Presented by Dr. Jimmy Hilton

**SOUTH POINT
BAPTIST CHURCH**

Finding God's Direction for Life



1. FIRST, REMEMBER THE LORD'S GOODNESS TO US IN THE PAST. THIS WILL LIFT OUR SPIRITS.
2. SECOND, REMEMBER GOD'S CLOSENESS IN THE PRESENT. GOD IS WITH US WHETHER WE FEEL HIM NEAR OR NOT.
3. THIRD, REMEMBER GOD'S POWER FOR THE FUTURE. HE WILL GIVE US STRENGTH FOR FUTURE NEEDS.

WHEN WE GET DISCOURAGED, WE NEED TO GET OUR MINDS OFF OUR CIRCUMSTANCES AND GET THEM ON THE LORD. OUR THOUGHTS DETERMINE OUR FEELINGS. WE NEED TO MEMORIZE SOME UPLIFTING VERSES AND THEY WILL HELP US DURING THOSE DISCOURAGING TIMES.

FIGHT THE GLOOMY OUTLOOK

IN VERSE 14 NEHEMIAH TOLD HIS BRETHREN TO RESIST DISCOURAGEMENT. ACTIVELY FIGHT AGAINST IT. THE BIBLE TEACHES THAT WE WHO ARE CHRISTIANS ARE IN A SPIRITUAL WARFARE, A BATTLE. WE ARE IN A SUPERNATURAL CONFLICT AGAINST THE FORCES OF EVIL. SATAN, OUR ADVERSARY, LOVES TO TRY TO DISCOURAGE US. HE KNOWS THAT A DISCOURAGED CHRISTIAN HAS LIMITED POTENTIAL.