How to Defeat Discouragement

1. The Sources of Discouragement

Nehemiah 4:10-12 (ESV) 10 In Judah it was said, “The strength of those who bear the burdens is failing. There is too much rubble. By ourselves we will not be able to rebuild the wall.” 11 And our enemies said, “They will not know or see till we come among them and kill them and stop the work.” 12 At that time the Jews who lived near them came from all directions and said to us ten times, “You must return to us.”

3 common sources of discouragement:

a. Continued hard work without rest causes discouragement.

Mark 6:31 (ESV) And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat.

b. Frustration causes discouragement.

Psalm 105:4 (ESV) Seek the LORD and his strength; seek his presence continually!

c. Intimidation causes discouragement.

Psalm 34:4 (ESV) I sought the LORD, and he answered me and delivered me from all my fears.

2. The Solution to Discouragement

Nehemiah 4:13-23 (ESV) 13 So in the lowest parts of the space behind the wall, in open places, I stationed the people by their clans, with their swords, their spears, and their bows. 14 And I looked and arose and said to the nobles and to the officials and to the rest of the people, “Do not be afraid of them. Remember the Lord, who is great and awesome, and fight for your brothers, your sons, your daughters, your wives, and your homes.” 15 When our enemies heard that it was known to us and that God had frustrated their plan, we all returned to the wall, each to his work. 16 From that day on, half of my servants worked on construction, and half held the spears, shields, bows, and coats of mail. And the leaders stood behind the whole house of Judah, 17 who were building on the wall. Those who carried burdens were loaded in such a way that each labored on the work with one hand and held his weapon with the other. 18 And each of the builders had his sword strapped at his side while he built. The man who sounded the trumpet was beside me. 19 And I said to the nobles and to the officials and to the rest of the people,
“The work is great and widely spread, and we are separated on the wall, far from one another.” 20 In the place where you hear the sound of the trumpet, rally to us there. Our God will fight for us.” 21 So we labored at the work, and half of them held the spears from the break of dawn until the stars came out. 22 I also said to the people at that time, “Let every man and his servant pass the night within Jerusalem, that they may be a guard for us by night and may labor by day.” 23 So neither I nor my brothers nor my servants nor the men of the guard who followed me, none of us took off our clothes; each kept his weapon at his right hand.

3 things Nehemiah did to defeat discouragement:

a. **We must resist.**

   1 Peter 5:9 (ESV) Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

b. **We must remember.**

   Psalm 105:5 (ESV) Remember the wondrous works that he has done, his miracles, and the judgments he uttered,

   1 Thessalonians 5:6 (ESV) So then let us not sleep, as others do, but let us keep awake and be sober.

c. **We must rally.**

   1 Thessalonians 5:11 (ESV) Therefore encourage one another and build one another up, just as you are doing.

   2 Thessalonians 3:13 (ESV) As for you, brothers, do not grow weary in doing good.