

Nehemiah 1:3 "They said to me, "Things are not going well for those who returned to the province of Judah. They are in great trouble and disgrace. The wall of Jerusalem has been torn down, and the gates have been destroyed by fire." (NLT)

Nehemiah 1:4 "When I heard this, I sat down and wept. In fact, for days I mourned, fasted, and prayed to the God of heaven." (NLT)

Nehemiah 2:17-18 ¹⁷ But now I said to them, "You know very well what trouble we are in. Jerusalem lies in ruins, and its gates have been destroyed by fire. Let us rebuild the wall of Jerusalem and end this disgrace!" ¹⁸ Then I told them about how the gracious hand of God had been on me, and about my conversation with the king. They replied at once, "Yes, let's rebuild the wall!" So they began the good work." (NLT)

Nehemiah 4:6-12 ⁶ At last the wall was completed to half its heights around the entire city, for the people had worked with enthusiasm. ⁷ But when Sanballat and Tobiah and the Arabs, Ammonites, and Ashdodites heard that the work was going ahead and that the gaps of the wall of Jerusalem were being repaired, they were furious. ⁸ They all made plans to come and fight against Jerusalem and throw us into confusion. ⁹ But we prayed to our God and guarded the city day and night to protect ourselves. ¹⁰ Then the people of Judah began to complain, "The workers are getting tired, and there is so much rubble to be moved. We will never be able to build the wall by ourselves." ¹¹ Meanwhile, our enemies were saying, "Before they know what's happening, we will swoop down on them and kill them and end their work." ¹² The Jews who lived near the enemy came and told us again and again, "They will come from all directions and attack us!" (NLT)

CAUSES OF DISCOURAGEMENT

1. FOES

- a) They will use RAGE.

Nehemiah 4:1 "Sanballat was very angry when he learned that we were rebuilding the wall. He flew into a **rage** ..." (NLT)

b) They will use RIDICULE.

Nehemiah 4:1-3 ¹ Sanballat was very angry when he learned that we were rebuilding the wall. He flew into a rage and **mocked** the Jews. ² saying in front of his friends and the Samaritan army officers, "What does this bunch of poor, feeble Jews think they're doing? Do they think they can build the wall in a single day by just offering a few sacrifices? Do they actually think they can make something of stones from a rubbish heap—and charred ones at that?" ³ Tobiah the Ammonite, who was standing beside him, remarked, "That stone wall would collapse if even a fox walked along the top of it!" (NLT)

c) They will use RESISTANCE.

Nehemiah 4:7-8 ⁷ But when Sanballat and Tobiah and the Arabs, Ammonites, and Ashdodites heard that the work was going ahead and that the gaps of the wall of Jerusalem were being repaired, they were furious. ⁸ They all made plans to come and **fight** against Jerusalem and throw us into confusion." (NLT)

d) They will use RUMORS.

Nehemiah 4:12 "The Jews who lived near the enemy came and told us again and again, "They will come from all directions and attack us!" (NLT)

2. FATIGUE

Nehemiah 4:6 "At last the wall was completed to half its height around the entire city, for the people had worked with enthusiasm." (NLT)

Nehemiah 4:10a "Then the people of Judah began to complain, "The workers are getting tired ..." (NLT)

3. FRUSTRATION

Nehemiah 4:10b "... there is so much rubble to be moved ..." (NLT)

4. FAILURE

Nehemiah 4:10c "... We will never be able to build the wall by ourselves."
(NLT)

5. FEAR

Nehemiah 4:11 "Meanwhile, our enemies were saying, "Before they know what's happening, we will swoop down on them and kill them and end their work." (NLT)

HOW TO DEAL WITH DISCOURAGEMENT

1. REQUEST help from God.

Nehemiah 4:4 "Then I prayed, "Hear us, our God, for we are being mocked. May their scoffing fall back on their own heads, and may they themselves become captives in a foreign land!" (NLT)

2. REINFORCE your weak areas.

Nehemiah 4:13 "So I placed armed guards behind the lowest parts of the wall in the exposed areas. I stationed the people to stand guard by families, armed with swords, spears, and bows." (NLT)

3. REMEMBER God is on our side.

Nehemiah 4:14a "Then as I looked over the situation, I called together the nobles and the rest of the people and said to them, "Don't be afraid of the enemy! Remember the Lord, who is great and glorious ..." (NLT)

4. RESIST the feeling to give up.

Nehemiah 4:14b "... and fight for your brothers, your sons, your daughters, your wives, and your homes!" (NLT)

5. REORGANIZE to eliminate stress.

Nehemiah 4:15-18 ¹⁵ When our enemies heard that we knew of their plans and that God had frustrated them, we all returned to our work on the wall. ¹⁶ But from then on, only half my men worked while the other half stood guard with spears, shields, bows, and coats of mail. The leaders stationed themselves behind the people of Judah ¹⁷ who were building the wall. The laborers carried on their work with one hand supporting their load and one hand holding a weapon. ¹⁸ All the builders had a sword with me to sound the alarm.” (NLT)

BOTTOM LINE

Nehemiah 6:15-16 ¹⁵ So on October 2 the wall was finished—just fifty-two days after we had begun. ¹⁶ When our enemies and the surrounding nations heard about it, they were frightened and humiliated. They realized this work had been done with the help of our God.” (NLT)