

“WHAT TO DO WHEN YOU FEEL LIKE GIVING UP”

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Message Notes – Sunday, September 2, 2007

TEXT: Nehemiah 4:6, 10–14 (NIV)

- *An incident from the life of Nehemiah illustrates the four causes of discouragement and how to overcome them.*
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I. THE FOUR CAUSES OF DISCOURAGEMENT

1. FATIGUE

“Meanwhile, the people in Judah said, ‘The strength of the laborers is giving out...’” (verse 10a)

- When does discouragement usually set in? (verse 6)

2. FRUSTRATION

“...and there is so much rubble...” (verse 10b)

3. FAILURE

“...there is so much rubble that we cannot rebuild the wall.” (verse 10c)

4. FEAR

“Also our enemies said, ‘Before they know it or see us, we will be right there among them and will kill them and put an end to their work.’” (verse 11)

- Who gets afraid? (verse 12)

II. THE CURE FOR DISCOURAGEMENT

1. REST YOUR BODY

“...God wants His loved ones to get their proper rest.”

Psalm 127:2 (LB)

“You made my body, Lord; now give me sense to heed Your laws.”

Psalm 119:73 (LB)

2. REORGANIZE YOUR LIFE

(Nehemiah) *“Therefore I stationed some of the people behind the lowest points of the wall at the exposed places, posting them by families, with their swords, spears and bows.”* (verse 13)

3. REMEMBER THE LORD

(Nehemiah) *“After I looked things over, I stood up and said to the nobles, the officials and the rest of the people, ‘Don’t be afraid of them. Remember the Lord, who is great and awesome...’”* (verse 14a)

- Three things to “remember” when you get discouraged:
 1. Remember GOD’S GOODNESS TO YOU IN THE PAST
 2. Remember GOD’S CLOSENESS TO YOU
IN THE PRESENT
 3. Remember GOD’S POWER FOR YOU IN THE FUTURE

“I am completely discouraged – I lie in the dust. Revive me by Your Word.”

Psalm 119:25 (LB)

4. RESIST THE DISCOURAGEMENT

(Nehemiah) *“Don’t be afraid of them. Remember the Lord, who is great and awesome, and fight for your brothers, your sons and your daughters, your wives and your homes.”*

(verse 14b)