

Dealing with Discouragement

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Main Verse: [Nehemiah 4](#)

PTSD of the Christian Life — Series

Dealing with Discouragement

Pastor Brent Snook · August 30, 2026 · AM Service

Text: *Nehemiah 4*

"Look around and be distressed, look within and be depressed, look at Jesus and be at rest." — Corrie Ten Boom

"But it came to pass... when the Jews which dwelt by them came, they said unto us ten times, From all places whence ye shall return unto us they will be upon you." — [Nehemiah 4:7-12](#)

I. RECOGNIZE THE CAUSE OF DISCOURAGEMENT — vv. 10-11

A. They Were [Drained](#) — v. 10

"The strength of the bearers of burdens is decayed." They were simply worn out — halfway done and running on empty. Fatigue is one of the most powerful enemies of faith and vision.

"Fatigue makes cowards of us all." — Vince Lombardi

Sometimes the most spiritual thing you can do is go to bed. It behooves us all to keep ourselves physically strong — get your sleep, exercise, eat well.

"We had better come apart — or we will come apart." — Vance Havner

B. They Were [Discontent](#) — v. 10

"There is much rubbish." Already tired — and as they looked around, there was still so much left to do. The builders had lost the vision of the completed wall. Does it feel like everything is piling up on top of you? Not much can be done until the rubbish is removed — and one of the hardest jobs is not laying bricks, but clearing the trash.

C. They Were [Defeated](#) — v. 10

Fatigue and frustration are a good recipe for failure. Negative talk is infectious. Every person alive has failed — but don't let failure define you or keep you down. Turn a deaf ear to the naysayers.

D. They Were [Dismayed](#) — v. 12

"Ten times" — relentless. Our enemy is relentless. He comes back and back and back — going after our minds with doubt, dread, and uncertainty. Everyone who serves the Lord knows the truth of this.

II. RESPOND TO THE CURE OF DISCOURAGEMENT

A. Remember the Right [Person](#) — v. 14

Nehemiah stopped the work and pulled the people together — then gave them the right perspective by

focusing them on their God. David encouraged himself in the Lord. When you feel down, discouraged, and like a failure — remember who your God is.

"...be not ye afraid of them: remember the Lord, which is great and terrible, and fight for your brethren, your sons, and your daughters, your wives, and your houses." — [Nehemiah 4:14](#)

"Greater is he that is in you, than he that is in the world." — [1 John 4:4](#)

B. Refocus on the Right [Path](#) — v. 14b

1. Nehemiah refocused on the workers

He reminded them they were not just building walls — they were fighting for their families, their loved ones, everything they held dear. The Christian life involves both building and battling.

2. Nehemiah refocused on the work — v. 15

One of the key ways to defeat discouragement is to simply get back to work. Don't wait until you feel like it. When we get discouraged, we want to quit — people leave churches, walk out on marriages, abandon ministries. **Don't quit.**

C. Return to the Right [Place](#) — vv. 19–20

Nehemiah assembled his people. There is no substitute for the gathering of God's people together in the church. No broadcast or live stream replaces the power of believers assembled together.

"And I said unto the nobles, and to the rulers, and to the rest of the people, The work is great and large... our God shall fight for us." — [Nehemiah 4:19–20](#)

"Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching." — [Hebrews 10:25](#)

Personal Takeaways

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