

## **Title: 52 Days - Defeating Discouragement**

### **Nehemiah 4:6 (NKJV)**

So we built the wall, and the entire wall was joined together up to half its height, for the people had a mind to work.

### **Nehemiah 4:7 (NKJV)**

Now it happened, when Sanballat, Tobiah, the Arabs, the Ammonites, and the Ashdodites heard that the walls of Jerusalem were being restored and the gaps were beginning to be closed, that they became very angry,

### **Nehemiah 4:8 (NKJV)**

and all of them conspired together to come and attack Jerusalem and create confusion.

### **Nehemiah 6:9 (NLT)**

They were just trying to intimidate us, imagining that they could discourage us and stop the work.

- Discouragement is Universal
- Discouragement is Recurring
- Discouragement is Highly Contagious

### **Three Facts About Discouragement:**

- Satanic
- Spiritual

### **Types of Discouragement:**

- Situational
- Systemic

### **Why We Get Discouraged:**

#### **1. Criticism**

### **Nehemiah 4:1 (NKJV)**

But it so happened, when Sanballat heard that we were rebuilding the wall, that he was furious and very indignant, and mocked the Jews.

**Nehemiah 4:2 (NKJV)**

And he spoke before his brethren and the army of Samaria, and said, “What are these feeble Jews doing? Will they fortify themselves? Will they offer sacrifices? Will they complete it in a day? Will they revive the stones from the heaps of rubbish—stones that are burned?”

**Nehemiah 4:3 (NKJV)**

Now Tobiah the Ammonite was beside him, and he said, “Whatever they build, if even a fox goes up on it, he will break down their stone wall.”

**2. Weariness****Nehemiah 4:10 (NKJV)**

Then Judah said, “The strength of the laborers is failing, and there is so much rubbish that we are not able to build the wall.”

**3. Frustration****Nehemiah 4:10 (NKJV)**

Then Judah said, “The strength of the laborers is failing, and there is so much rubbish that we are not able to build the wall.”

**4. Failure****Nehemiah 4:10 (NKJV)**

Then Judah said, “The strength of the laborers is failing, and there is so much rubbish that we are not able to build the wall.”

**5. Fear****Nehemiah 4:11 (NKJV)**

And our adversaries said, “They will neither know nor see anything, till we come into their midst and kill them and cause the work to cease.”

**Nehemiah 4:12 (NKJV)**

So it was, when the Jews who dwelt near them came, that they told us ten times, “From whatever place you turn, they will be upon us.”

**How Do We Overcome Discouragement?****1. We Respond with Prayer****Nehemiah 4:9 (NKJV)**

Nevertheless we made our prayer to our God, and because of them we set a watch against them day and night.

**2. We Resist Fear****Nehemiah 4:14 (NKJV)**

And I looked, and arose and said to the nobles, to the leaders, and to the rest of the people, “Do not be afraid of them.

**3. We Remember the Lord****Nehemiah 4:14 (NKJV)**

Remember the Lord, great and awesome, and fight for your brethren, your sons, your daughters, your wives, and your houses.”

**2 Chronicles 20:6 (NIV)**

“Lord, the God of our ancestors, are you not the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you.

**2 Chronicles 20:7 (NIV)**

Our God, did you not drive out the inhabitants of this land before your people Israel and give it forever to the descendants of Abraham your friend?

**2 Chron. 20:12 (NIV)**

Our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you.”

**4. We Rise Up to Fight****Nehemiah 4:13 (NKJV)**

Therefore I positioned men behind the lower parts of the wall, at the openings; and I set the people according to their families, with their swords, their spears, and their bows.

**Nehemiah 4:14 (NKJV)**

Remember the Lord, great and awesome, and fight for your brethren, your sons, your daughters, your wives, and your houses.”

**5. We Return to the Work****Nehemiah 4:15 (NKJV)**

And it happened, when our enemies heard that it was known to us, and that God had brought their plot to nothing, that all of us returned to the wall, everyone to his work.