

Nehemiah: Building a Life of Faith
The Difficulty of Discouragement
Nehemiah 4:10-23 (page 338)

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I can become susceptible to *discouragement* through

- Fatigue (4:10a; Hebrews 12:2-4)
 - It depletes my vitality for life
- Frustration (4:10b)
 - It causes me to disregard the value of life
- Failure (4:10c; Joshua 7:1-12)
 - It causes me to distort my vision for life
- Fear (4:11-12; Genesis 13:12)
 - It causes me to see no victory in my life

I can resist *discouragement* by:

- Stopping and re-grouping (4:13; Psalm 46:10)
- Looking to God, not myself (4:14; Isaiah 26:3-4; Phil 4:6-7; Ex 15:11; Ps 68:4; Ps 77:12; 111:2,7)
- Finding balance in my faith and action (4:15-18; James 4:7)
- Not going it alone (4:19-21; 1 Kings 17-19)
- Looking to the needs of others (4:22-23; Philippians 2:4; Galatians 5:13)

Taking it home...

Which area, or areas, of *susceptibility to discouragement* am I most prone to find myself struggling with? Why is that area(s) such a battleground for me?

Which of the steps of *resisting discouragement* is most needed in my life right now? In what way will it benefit me?