

## WHAT TO DO WHEN YOU FEEL LIKE GIVING UP

### Encouraging Words From God's Word - Part 3 of 5 Nehemiah 4:6,10-14 Sharon Meade

*“So we rebuilt the wall till all of it reached half it's height, for the people worked with all their heart.”* Nehemiah 4:6

*“...Meanwhile the people in Judah said, ‘The strength of the laborers is giving out, and there is so much rubble that we cannot rebuild the wall’. Also our enemies said ‘Before they know it or see it we will be right there among them and kill them and put an end to the work.’”* Nehemiah 4:10-11

## I. CAUSES OF DISCOURAGEMENT

### 1. YOU GET DISCOURAGED WHEN \_\_\_\_\_ AND \_\_\_\_\_ SETS IN.

*“The strength of the laborers is giving out, and there is so much rubble that we cannot rebuild the wall.”* Nehemiah 4:10

*“So we rebuilt the wall until all of it reached half its height.”* Nehemiah 4:6

**When does this happen?** \_\_\_\_\_

### 2. YOU GET DISCOURAGED WHEN \_\_\_\_\_ HAPPENS.

*“... we cannot rebuild the wall..”* Nehemiah 4:10

### 3. YOU GET DISCOURAGED WHEN \_\_\_\_\_ HAPPENS.

*“Also our enemies said, ‘Before they know it or see us ... we will kill them and put an end to their work!’”* Nehemiah 4:11

## II. THE CURES FOR DISCOURAGEMENT

### 1. YOU REST YOUR \_\_\_\_\_ AND \_\_\_\_\_ YOUR LIFE.

*“God wants his loved ones to get their proper rest.”*  
Ps.127:2 (LB)

*“Therefore I station some of the people behind the lowest points of the wall at the exposed places, posting them by families with their swords, their spears and their bows.”* Nehemiah 4:13

### 2. YOU \_\_\_\_\_ THE LORD.

*“I looked things over I stood up and said... ‘Don't be afraid of them. Remember the Lord who is great and awesome...’”*  
Nehemiah 4:14

*“I am completely discouraged, I lie in the dust. Revive me by your word.”*  
Psalm 119:25

### THINGS TO REMEMBER WHEN DISCOURAGED:

- \* Remember God's \_\_\_\_\_ to you in the \_\_\_\_\_!
- \* Remember God's \_\_\_\_\_ to you in the \_\_\_\_\_!
- \* Remember God's \_\_\_\_\_ for the \_\_\_\_\_!

*“When I had lost all hope I once again turned my thoughts to the Lord.”*  
Jonah 2:7

### 3. YOU \_\_\_\_\_ THE DISCOURAGEMENT.

*“...don't be afraid of them. Remember the Lord is great and awesome and fight for your brothers, your sons your daughters, your wives and your homes!”*  
Nehemiah 4:14

*“Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you.”*  
James 4:7-8