

## THE ANTIDOTE FOR DISCOURAGEMENT

### 1. Nehemiah used the \_\_\_\_\_ principle.

*“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.”*

Nehemiah 4:13 (NIV)

*“Two can accomplish more than twice as much as one, for the results can be much better. If one falls, the other pulls him up; but if a man falls when he is alone, he’s in trouble. Also, on a cold night, two under the same blanket gain warmth from each other, but how can one be warm alone? And one standing alone can be attacked and defeated, but two can stand back-to-back and conquer; three is even better, for a triple-braided cord is not easily broken.”*

Ecclesiastes 4:9-12 (TLB)

### 2. \_\_\_\_\_

*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...”*

Nehemiah 4:14 (NIV)

*“Never will I leave you; never will I forsake you.”*

Hebrews 13:5 (NIV)

*“I can do everything through Christ who strengthens me.”*

Philippians 4:13 (NIV)

*“If God is for us, who can be against us?”*

Romans 8:31 (NIV)

### 3. \_\_\_\_\_

*“Fight for your friends, your families, and your homes!”*

Nehemiah 4:14 (TLB)

*“Resist the devil, and he will flee from you.”*

James 4:7 (NIV)



sermon notes

Myth #2: Christians Don't Ever Get Discouraged  
January 12, 2020  
Pastor John Speight

*Christians Don't Ever Get Discouraged*  
is a myth that will mess you up.

Nehemiah's Story

***So we rebuilt the wall till all of it reached half its height, for the people worked with all their heart.***

Nehemiah 4:6 (NIV)

***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 us, we will be right there among them and will kill them and put an end to the work.” Then the Jews who lived near them came and told us ten times over, “Wherever you turn, they will attack us.”***

Nehemiah 4:10-12 (NIV)

## WHY DO WE GET DISCOURAGED?

### 1. \_\_\_\_\_

*“So we rebuilt the wall till all of it reached half its height.”* (v. 6)

### 2. \_\_\_\_\_

*“There is so much rubble that we cannot rebuild the wall.”* (v. 10)

### 3. \_\_\_\_\_

*“...we cannot rebuild the wall.”* (v. 10)

### 4. \_\_\_\_\_

*“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 the work.”* (v. 11)

## Answer key

### WHY DO WE GET DISCOURAGED?

1. FATIGUE
2. FRUSTRATION
3. FAILURE
4. FEAR

### THE ANTIDOTE FOR DISCOURAGEMENT

1. Nehemiah used the REORGANIZE principle.
2. REMEMBER THE LORD
3. RESIST DISCOURAGEMENT