

Series: Spring Cleaning

Title: Getting Rid of Discouragement



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“But we prayed to our God, and because of them we set up a guard against them day and night. Then [the leaders of] Judah said, “The strength of the burden bearers is failing, And there is much rubble; We ourselves are unable To rebuild the wall.” Our enemies said, **“They will not know or see us until we are among them, kill them and put a stop to the work.”** When the Jews who lived near them came, they said to us ten times (repeatedly), **“From every place you turn, they will come up against us.”** **So I stationed armed men behind the wall in the lowest places, at the open positions [where it was least protected]; and I stationed the people in families with their swords, spears, and bows.** When I saw their fear, I stood and said to the nobles and officials and the rest of the people: **“Do not be afraid of them; [confidently] remember the Lord who is great and awesome, and [with courage from Him] fight for your brothers, your sons, your daughters, your wives, and for your homes.”** Now when our enemies heard that we knew about their plot against us, and that God had frustrated their plan, **we all returned to the wall**, each one to his work. From that day on, half of my servants carried on the work while the other half held the spears, shields, bows, and breastplates; and the captains were behind the whole house of Judah. Those who were rebuilding the wall and those who carried burdens loaded themselves so that everyone worked with one hand and held a weapon with the other. **Every builder had his sword secured at his side as he built.** And the one who sounded the trumpet [to summon the troops] stood at my side. I said to the nobles, the officials and the rest of the people, **“The work is great and extensive, and we are separated on the wall, far from one another. Wherever you hear the sound of the trumpet, gather to us there. Our God will fight for us.”** **So we carried on with the work with half of them holding spears from dawn until the stars came out.”**

(Nehemiah 4:9-21 AMP)

<https://bible.com/bible/1588/neh.4.9-21.AMP>

The Definition of Discouragement is:

- a loss of confidence or enthusiasm; dispiritedness. “do not give in to discouragement”

The 4 Causes of Discouragement:

1) Fatigue

When you’re physically or emotionally exhausted, you’re a prime candidate to be infected with discouragement. Your defenses are lowered and things can seem bleaker than they really are. This often occurs when you’re halfway through a major project and you get tired.

2) Frustration

When unfinished tasks pile up, it’s natural to feel overwhelmed. And when trivial matters or the unexpected interrupt you and prevent you from accomplishing what you really need to do, your frustration can easily produce discouragement.

3) Failure

Sometimes your best laid plans fall apart, the project collapses, the deal falls through, no one shows up to the event. How do you react? Do you give in to self-pity? Do you blame others? As one man said, “Just when I think I can make ends meet, somebody moves the ends!” That’s discouraging!

4) Fear

Fear is behind more discouragement than we’d like to admit. The fear of criticism (What will they think?), the fear of responsibility (What if I can’t handle this?), and the fear of failure (What if I blow it?) can cause a major onset of the blues.

I. _____

“So I stationed **armed** men behind the wall in the lowest places, at the open positions [where it was least protected]; and I stationed the people in families with

their swords, spears, and bows.”

(Nehemiah 4:13 AMP)

<https://bible.com/bible/1588/neh.4.13.AMP>

“In conclusion, **be strong in the Lord [draw your strength from Him and be empowered through your union with Him]** and in the power of His [boundless] might. Put on the full armor of God [for His precepts are like the splendid armor of a heavily-armed soldier], so that you may be able to [successfully] stand up against all the schemes and the **strategies** and the deceits of the devil. **For our struggle is not against flesh and blood [contending only with physical opponents], but against the rulers, against the powers, against the world forces of this [present] darkness, against the spiritual forces of wickedness in the heavenly (supernatural) places.** Therefore, put on the complete armor of God, so that you will be able to [successfully] **resist and stand your ground in the evil day [of danger], and having done everything [that the crisis demands], to stand firm [in your place, fully prepared, immovable, victorious].** So stand firm and hold your ground, having tightened the **wide band of truth** (personal integrity, moral courage) around your waist and having put on the breastplate of righteousness (an upright heart), **and having strapped on your feet the gospel of peace in preparation [to face the enemy with firm-footed stability and the readiness produced by the good news].** Above all, **lift up the [protective] shield of faith with which you can extinguish all the flaming arrows of the evil one.** And take **the helmet of salvation, and the sword of the Spirit, which is the Word of God.** With all prayer and petition pray [with specific requests] at all times [on every occasion and in every season] **in the Spirit**, and with this in view, stay alert with all perseverance and petition [interceding in prayer] for all God’s people.”

(Ephesians 6:10-18 AMP)

<https://bible.com/bible/1588/eph.6.10-18.AMP>

“We are human, but we don’t wage war as humans do. We use God’s mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments.”

(2 Corinthians 10:3-4 NLT)

<https://bible.com/bible/116/2co.10.3-4.NLT>

II.

“When I saw their fear, I stood and said to the nobles and officials and the rest of the people: **“Do not be afraid of them; [confidently] remember the Lord who is great and awesome, and [with courage from Him] fight for your brothers, your sons, your daughters, your wives, and for your homes.”**

(Nehemiah 4:14 AMP)

<https://bible.com/bible/1588/neh.4.14.AMP>

“Little children (believers, dear ones), you are of God and you belong to Him and have [already] overcome them [the agents of the antichrist]; **because He who is in you is greater than he (Satan) who is in the world [of sinful mankind].**”

(1 John 4:4 AMP)

<https://bible.com/bible/1588/1jn.4.4.AMP>

“What then shall we say to all these things? **If God is for us, who can be [successful] against us?**”

(Romans 8:31 AMP)

<https://bible.com/bible/1588/rom.8.31.AMP>

“**The Lord is on my side; I will not fear. What can [mere] man do to me?**”

(Psalms 118:6 AMP)

<https://bible.com/bible/1588/psa.118.6.AMP>

“**But those who wait for the Lord [who expect, look for, and hope in Him] Will gain new strength and renew their power; They will lift up their wings [and rise up close to God] like eagles [rising toward the sun]; They will run and not become weary, They will walk and not grow tired.**”

(Isaiah 40:31 AMP)

<https://bible.com/bible/1588/isa.40.31.AMP>

“I will lift up my eyes to the hills [of Jerusalem]— From where shall my help come? My help comes from the Lord, Who made heaven and earth. He will not allow your foot to slip; He who keeps you will not slumber. Behold, He who keeps Israel Will neither slumber [briefly] nor sleep [soundly]. The Lord is your keeper; The Lord is your shade on your right hand. The sun will not strike you by day, Nor the moon by night. The Lord will protect you from all evil; He will keep your life. The Lord will guard your going out and your coming in [everything that you do] From this time forth and forever.”
(Psalms 121:1-8 AMP)

<https://bible.com/bible/1588/psa.121.1-8.AMP>

“I can do all things [which He has called me to do] through Him who strengthens and empowers me [to fulfill His purpose—I am self-sufficient in Christ’s sufficiency; I am ready for anything and equal to anything through Him who infuses me with inner strength and confident peace.]”
(Philippians 4:13 AMP)

<https://bible.com/bible/1588/php.4.13.AMP>

III.

“Now when our enemies heard that we knew about their plot against us, and that God had frustrated their plan, we all returned to the wall, each one to his work.”
(Nehemiah 4:15 AMP)

<https://bible.com/bible/1588/neh.4.15.AMP>

I want to let go, but I won't let go.
There are battles to fight,
By day and by night
For God and the right
and I'll never let go!
I want to let go, but I won't let go.
I'm sick, 'tis true,
And worried and blue
And worn through and through
But I won't let go.
I want to let go, but I won't let go.
I will never yield.
What? Lie down on the field
And surrender my shield?
No, I'll never let go!
I want to let go; but I won't let go.
May this be my song
'Mid legions of wrong,
O God, keep me strong
So I'll never let go.
—author unknown

Mary Mary sang>>>>>>>
Never said there wouldn't be trials
Never said I wouldn't fall
Never said that everything would go
The way I want it to go
But when my back is against the wall
And I feel all hope is gone
I'll just lift my head up to the sky
And say help me to be strong, oh

I just can't give up now
I've come too far from where
I started from
Nobody told me
The road would be easy
And I don't believe He's brought me this far
To leave me

Oh, I know You didn't bring me
Out here to leave me lonely, oh no
Even when I can't see clearly
I know that You are with me so I can't

I just can't give up now
I've come too far from where
I started from
Nobody told me
The road would be easy
And I don't believe He's brought me this far
To leave me

Ways to stay encouraged:

1. Rest your body

If you need a break, take one! You'll be more effective when you return to work. If you're burning the candle at both ends, you're not as bright as you think!

2. Reorganize your life

Discouragement doesn't necessarily mean you are doing the wrong thing. It may just be that you are doing the right thing in the wrong way. Try a new approach. Shake things up a little.

3. Remember that God will help you

Just ask him. He can give you new energy. There's incredible, motivating power in faith.

4. Resist the discouragement

Fight back! Discouragement is a choice. If you feel discouraged, it's because you've allowed yourself to feel that way. No one is forcing you to feel bad. Hang on! Do what's right in spite of your feelings. No feeling lasts forever.

God never causes us to become discouraged. He may allow circumstances that are difficult, but his goal is always for our good and for his glory.

And while God isn't responsible for the things that cause discouragement, he is the provider of all that cures discouragement. So stay close to him and keep moving forward!

5. Return to public worship

“Not forsaking our meeting together [as believers for worship and instruction], as is the habit of some, but encouraging one another; and all the more [faithfully] as you see the day [of Christ's return] approaching.”

(Hebrews 10:25 AMP)

<https://bible.com/bible/1588/heb.10.25.AMP>

6. Reach and encourage someone

“The generous man [is a source of blessing and] shall be prosperous and enriched, And he who waters will himself be watered [reaping the generosity he has sown].”

(Proverbs 11:25 AMP)

<https://bible.com/bible/1588/pro.11.25.AMP>

7. Reignite your prayer life

“Therefore, confess your sins to one another [your false steps, your offenses], and pray for one another, that you may be healed and restored. The heartfelt and persistent prayer of a righteous man (believer) is able to accomplish much [when put into action and made effective by God—it is dynamic and can have tremendous power].”

(James 5:16 AMP)

<https://bible.com/bible/1588/jas.5.16.AMP>

8. Recall past victories and God’s faithfulness

“But this I call to mind, Therefore I have hope. It is because of the Lord’s loving kindnesses that we are not consumed, Because His [tender] compassions never fail. They are new every morning; Great and beyond measure is Your faithfulness. “The Lord is my portion and my inheritance,” says my soul; “Therefore I have hope in Him and wait expectantly for Him.” The Lord is good to those who wait [confidently] for Him, To those who seek Him [on the authority of God’s word].”

(Lamentations 3:21-25 AMP)

9. Read the Bible

“Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them. “Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

(Joshua 1:6-9 NIV)

Answer Key:

I. You have to be armed scripturally.

II. You have to be assured continually.

III. You have to activate your faith courageously.

What is the Holy Spirit saying to me through this message?
