

Answer Key

The Causes

- 1. fatigue • hit
- 2. frustration
- 3. failure • common to man
- 4. fear

4 Rs to Help...

- 1. Rest
- 2. Reorganize thing / way
- 3. Remember
 - past
 - present
 - future
- 4. Resist •spiritual

January 21, 2024

Encourage

Part 2

"Nothing"

Hebrews 12:1-3 Message

Do you see what this means—all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it. Strip down, start running—and never quit! No extra spiritual fat, no parasitic sins. Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it.

Introductory Statement

Discouragement is unique to human beings, and it's universal. Eventually everyone feels it, including those in ministry. I have no doubt you've experienced discouragement at times. You might even be discouraged as you read this article. Do you know how often I have wanted to quit being pastor of Carolinas Church? Every Monday morning! So, here's what I have learned about battling discouragement:

The Causes...

1. _____

Nehemiah 4:10 NIV

"the strength of the laborers is giving out..."

- When does discouragement usually _____ us?

Nehemiah 4:6 NIV

"So, we rebuilt the wall till all of it reached half its height..."

2. _____

Nehemiah 4:10 NIV

"there is so much rubble that we cannot rebuild the wall."

What is the "rubble" in your life?

(Heart, Mind, & Emotions)

- Hurts/wounds from the past
 - Easily offended
 - Unforgiveness, bitterness
- Insecure, self-conscious, compare yourself to others
- Scarcity (not enough...time, money, love, know how, etc.)
 - Overactive mind/no peace
- Fleeting or few moments of happiness and inner joy

Rubble of the SPIRIT:

- *Unbelief* (just don't have faith in what God says in the Bible).
- *Unworthy* view of self (feel like you have done too much wrong to come to God).

- *Fear* (many ways this can show up).

- Don't know how to *connect* with or hear from God.

3. _____

Nehemiah 4:10 NIV

"... we cannot rebuild the wall!"

- *Discouragement is a temptation* " _____
_____ ".

1 Corinthians 10:13 Message

"No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he'll never let you be pushed past your limit; he'll always be there to help you come through it."

Discouragement is not to be tolerated or wallowed in.

It's to be fought!

How do you respond to failure?

1 Corinthians 10:13 Message

"No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he'll never let you be pushed past your limit; he'll always be there to help you come through it."

Never Give Up

Accept the Reality of Failure

Overcome the Fear of Failure

Overcome the Fact of Failure

Accept Your Limitations

Overcoming Guilt

Repentance

A Clear Conscience

D.L. Moody once said, "I have never known God to use a discouraged Christian." Neither have I. God wants to forgive your sin, cleanse your conscience, and set you free to serve Him. Whatever may have gone wrong can be made right.

4. _____

Nehemiah 4:11 NIV

"Also our enemies said, 'Before they know it or see us ... we will kill them and put an end to their work!'"

What fear is causing you to be discouraged?

- *fear of criticism*
- *embarrassment*
- *Fear of you cannot handle something*

How to prevent a negative attitude

Nehemiah 4:12 GWT

"Jews who were living near our enemies warned us ten times that our enemies would attack us from every direction. "

4 Rs to Help...

1. _____.

Psalm 127:2 Living Bible

"It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest."

You need to be balance...

- Worship
- Fellowship
- Discipleship
- Ministry
- Evangelism

2. _____ your Life

Nehemiah 4:13 NIV

That is why I positioned people by their families behind the wall where it was lowest and most exposed. The people were armed with swords, spears, and bows.

- Sometimes when you are discouraged it is not that you're doing the wrong _____ but you are doing it in the wrong _____.

The natural temptation when we get discouraged is to give up on the dream.

3. _____ what the Lord has done
for you in the past.

Nehemiah 4:14 CEV

"Then I looked things over and told the leaders, the officials, and the rest of the people, "Don't be afraid of your enemies! The Lord is great and fearsome.

Always remember...

- I remember God's goodness to me in the _____.
- I remember God's closeness in the _____.
- I remember God's power for the _____.

4. _____ discouragement!

Nehemiah 4:14b CEV

So, think of him and fight for your relatives and children, your wives and homes!"

Discouragement is not to be tolerated or wallowed in.

It's to be fought!

• We are in a _____ - battle.

"If you don't get up in the morning and meet the devil, you're just headed the wrong way."

R.G. Lee

In summary, God's people need ongoing encouragement in order to strengthen them within so they can continue to do His will. God encourages us directly, through His Word, and through His people.