

WHAT TO DO WHEN YOU FEEL LIKE GIVING UP

Encouraging Words From God's Word - Part 4 of 6

Nehemiah 4:6, 10-11 "So we rebuilt the wall until all of it reached half its height for the people worked with all their heart... 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 kill them and put an end to the work.'"

I. CAUSES OF DISCOURAGEMENT

1. _____

"The strength of the laborers is giving out."

2. _____

"... and there is so much rubble."

3. _____

"...we cannot rebuild the wall."

4. _____

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

Nehemiah 4:12 "Then the Jews who lived near them came and told us ten times over, `Wherever you turn they will attack us.'"

II. THE CURES FOR DISCOURAGEMENT

1. _____ **YOUR BODY.**

Psalms 127:2 (LB)"... God wants his loved ones to get their proper rest."

Psalms 119:73 (LB) "You made my body Lord -- now give me sense to heed your laws."

2. _____ **YOUR LIFE.**

Nehemiah 4:13 "Therefore I stationed the people ... by families ... "

3. _____ **THE LORD.**

Nehemiah 4:14a "... I said to them ... `Don't be afraid of them. Remember the Lord, who is great and awesome ... "

• _____ to you in the past.

• _____ to you in the present.

• _____ for you in the future.

Psalms 119:25 (LB) "I am completely discouraged, I lie in the dust -- Revive me by your Word."

4. _____ **THE DISCOURAGEMENT**

Nehemiah 4:14b "... and fight for your brothers, your sons, daughters, wives and homes!"

James 4:7 "Resist the devil!"