

Oct 7

## **“How to Defeat Discouragement”**

### **Nehemiah 4:7-20**

#### **I. The Crisis of Discouragement (vs 7-12)**

- A. It is caused by overwhelming circumstances (vs 7- 8)
- B. It is creating a feeling of hopelessness (vs 10b)
- C. It is creating a sense of horror (vs 11)
- D. It is creating an atmosphere of heaviness (vs 12)

#### **II. The Character of Discouragement (vs 7, 10)**

- A. It creates a sense of helplessness (vs 10a)
- B. It's compounded by maliciousness (vs 7)

#### **III. The Crushing of Discouragement (vs 14,19-21)**

- A. Denounce Your Fears (vs 14a)
- B. Describe Your Lord (vs 14b)
- C. Define Your Cause (vs 14c)
- D. Depend on Your Friends (4:19)
- E. Defend your Ground (4:20)

## Questions

1. What is the crisis of discouragement?
2. What is the character of discouragement?
3. How do you denounce your fears and describe your Lord?
4. What does it mean to define your cause and depend on your friends?
5. Explain "Defend your Ground"