



DEALING WITH DISCOURAGEMENT IN THE MINISTRY

Nehemiah 4:6-14

One of Satan's most effective weapons against men and women who are in ministry is discouragement.

Long hours of work,
loneliness, and the many
special problems that
Christian leaders must deal
with combine to make these
servants of God especially
susceptible to feelings of
discouragement.

Lessons from the Life of Nehemiah

I. Causes of Discouragement In Ministry

1. Fatigue

*"the strength of the
bearers of burdens is
decayed..."* v.10a

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When does discouragement usually hit us? v.6

When we are halfway through

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2. Frustration

"... and there is much rubbish...." v. 10b

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What is the “rubbish” in your life?

**Rubbish is the trivial
things that waste your
time and energy**

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3. Failure

*"... we are not able to
build the wall!" v. 10c*

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How do you respond to failure?

Don't give up

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4. Fear

"And our adversaries said, 'They shall not know, neither see, till we come in the midst among them, and slay them, and cause the work to cease.'" v. 11

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How to prevent a negative
attitude: vs. 12

Get away from the
negative people as
much as possible

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II. Cures for Discouragement in Ministry

1. Rest your Body

"It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; for so he giveth his beloved sleep."

Psalm 127:2

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The importance of balance:
work, play, sleep, rest and
fun

“Energizers”

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2. Reorganize your life

"I set the people after their families..." V. 13

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When discouraged:

**I may be doing the right
thing but I am doing it
the wrong way**

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3. Remember the Lord

"And I looked up, and rose up, and said unto the nobles, and to the rulers, and to the rest of the people, 'Be not ye afraid of them: remember the Lord, which is great and terrible'..." v. 14a

Things to remember when discouraged:

1. Remember God's goodness to me in the past
2. Remember God's closeness in the present
3. Remember God's power for the future

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4. Resist the discouragement

"... and fight for your brethren, your sons, and your daughters, your wives and your houses!" V. 14b

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Discouragement is a choice!

Never give up!