

When You Feel Like Giving Up

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At last the wall was completed to half its height around the entire city, for the people had worked with enthusiasm. But when Sanballat and Tobiah . . . heard that the work was going ahead and that the gaps in the wall of Jerusalem were being repaired, they were furious. They all made plans to come and fight against Jerusalem and throw us into confusion. But we prayed to our God and guarded the city day and night to protect ourselves. Then the people of Judah began to complain, "The workers are getting tired, and there is so much rubble to be moved. We will never be able to build the wall by ourselves." Meanwhile, our enemies were saying, "Before they know what's happening, we will swoop down on them and kill them and end their work." The Jews who lived near the enemy came and told us again and again, "They will come from all directions and attack us!"

Nehemiah 4:6-12 NLT**4 Common Causes of Discouragement:**

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| 1. <u>Fatigue</u> | 2. <u>Frustration</u> |
| 3. <u>Failing</u> | 4. <u>Fear</u> |

What to do when you feel like giving up . . .

1. Rest my body.

You made my body, Lord; now give me sense to heed your laws.

Psalm 119:73 TLB

It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.

Psalm 127:2 NLT**2. Refocus on God.**

"Aware of their anxiety, I stood up and said to the nobles, officials, and the rest of the people, 'DO NOT BE AFRAID of the enemy! REMEMBER THE LORD who is great and awe-inspiring!'"

Nehemiah 4:14a NJB

"(God) gives power to those who are tired and worn out, and he offers strength to the weak . . . Those who wait on the LORD will find new strength."

Isaiah 40:29, 31a TLB**3. Resist the discouragement.**

"Fight for your brothers, your sons, your daughters, your wives, and your homes!"

Nehemiah 4:14b NLT

When I am ready to give up, he knows what I should do.

Psalms 142:3a GNT

Some people have given up the habit of meeting for worship, but we must not do that. We should keep on encouraging each other, especially since you know that the day of the Lord's coming is getting closer.

Hebrews 10:25 CEV

Weekend Music:

Here For You (Jeremy Riddle) • God I Look To You (Bethel Music)
Same God (Elevation Worship)