

**BIBLE BAPTIST CHURCH OF ERIE**  
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**SERIES #6 CHALLENGING YOUR GIANTS**  
**“CHALLENGING THE GIANT OF DISCOURAGEMENT”**

**Nehemiah 4:1-21**

You are perhaps familiar with the words of **David** when he said; *“Why are thou cast down, O my soul? and why art thou disquieted within med raised up a man whose name was Nehemiah, and God told Nehemiah to rebuild the wall. Now building a wall is something we have been hearing a lot about lately and most of it is negative. Now, all of us—are wall builders. We need walls of **defense**, and walls of **doctrine**, and walls of **decency**, and walls of **duty**. But, when you rise up to build, the devil will try to stop you; and, the way the devil will try to stop you is with the giant of discouragement.*

Now discouragement is a disease, and it's a bad disease. And, it's **universal**; it's **recurring**; and it's **contagious**. But, it's curable. Now, **the devil is the sinister minister of discouragement**, and, whenever God's people say, “Let us rise up and build,” the devil will say, “Let us rise up and stop them.” Let me say this: that **all discouragement is of Satan or self; it is never of God**. God is called *“the God of all comfort”* (**2 Corinthians 1:3**), and that word **comfort** means “**encouragement**.” God has cornered the market on encouragement; and the devil, who works against God, works with discouragement.

Now here from Nehemiah 4 we see several very important truths. And first when we **Challenge the Giant of DISCOURAGEMENT** we must understand...

**I. THE CAUSES OF DISCOURAGEMENT**

Actually, there are **External** and **Internal** causes of why we get discouraged, and they're right here, in the Word of God. There are.

**A. External Causes of DISCOURAGEMENT:**

*These enemies used two types of external forces.*

1. The first one was **RIDICULE**. We see this in verses 1-2
2. The second cause of their external discouragement was **REPRESSION** in verses 7-8.

**B. Internal Causes of DISCOURAGEMENT:**

1. **Fatigue: They Were Worn Out V-10**
2. **Frustration: They Were Weighted Down V-10**
3. **Fear: They Were Wrought Up V-11**
4. **Failure: They Were Written Off V-11**

As we Challenge the Giant of DISCOURAGEMENT, we have talked about the Causes Of Discouragement – now let's examine the . . .

**II. THE CURE FOR THE GIANT OF DISCOURAGEMENT**

What is the cure for discouragement?

- A. **A Physical Cure: Renew Your Strength Vs. 21-22**
- B. **An Organizational Cure: Rethink Your Strategy Vs. 13-14**
- C. **A Spiritual Cure: Revive Your Spirit. V-14**

The word *terrible* means “awesome” (NKJV).

*How to Encourage Yourself in the Lord*

The Bible says of King David, *“David encouraged himself in the LORD”* (**1 Samuel 30:6**). You get discouraged; encourage yourself in the Lord. How are you to encourage yourself in the Lord? I believe that we can encourage yourself in the Lord.

- A. *Think of God's Goodness in the Past*
- B. *Think of God's Closeness in the Present*
- C. *Think of God's Faithfulness in the Future*

Corrie ten Boom said this: “Look at the world - you'll be distressed. Look - you'll be depressed. Look at Christ - you'll be at rest.” Remember the Lord.

God did not cause me to fail and be discouraged. “God did not call me to fail and be discouraged.” The Bible says, *“Thanks be unto God, which always causeth us”*- listen, now - *“to triumph in Christ”* (**2 Corinthians 2:14**).