

BATTLING THE BLAHS

Nehemiah 4:7-23

Introduction: Every person with a dream must learn how to handle not only negative people from without, but negative emotions from within. In today's passage, Nehemiah demonstrates the three cures for discouragement.

I. The Causes of Discouragement (Nehemiah 4:7-12)**A. _____ (4:10a)****How to Handle "Bad" Days**

1. _____ them

2. _____ them

3. _____ them

B. _____ (4:10b)**C. _____ (4:11-12)****II. The Cure for Discouragement (Nehemiah 4:13-23)****A. _____ Your Efforts (4:13-14a, 16-23)**

1. He _____

2. He _____

B. _____ Your God (4:14b)**C. _____ to Your Work (4:15-23)****Conclusion:**