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# INVINCIBLE

CONQUERING THE MOUNTAINS  
THAT SEPARATE YOU  
FROM THE BLESSED LIFE

## "MOVING FROM DISCOURAGEMENT TO HOPE"

NEHEMIAH 4

**Introduction:** Every Christian at some point in his or her life battles with discouragement. Today, we are going to look at a leader from the Old Testament who teaches us some invaluable lessons on how to conquer the "mountain" of discouragement in our life and in the lives of others.

### I. The Definition Of Discouragement

### II. The Causes Of Discouragement

#### A. Unresolved Anger (Ephesians 4:26-27)

Ephesians 4:26-27 <sup>26</sup> "BE ANGRY, AND YET DO NOT SIN; do not let the sun go down on your anger, <sup>27</sup> and do not give the devil an opportunity."

#### B. Unrealistic Anxiety (1 Kings 19:1-3)

1 Kings 19:1-3a <sup>1</sup> "Now Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. <sup>2</sup> Then Jezebel sent a messenger to Elijah, saying, 'So may the gods do to me and even more, if I do not make your life as the life of one of them by tomorrow about this time.' <sup>3a</sup> And he was afraid and arose and he ran for his life..."

#### C. Undefined Purpose (Ephesians 5:15-17)

Ephesians 5:15-17 "Live life, then, with a due sense of responsibility, not as men who do not know the meaning and purpose of life but as those who do. Make the best use of your time, despite all the difficulties of these days. Don't be vague but firmly grasp what you know to be the will of God." (Phillips)

**D. Unrelenting Grief** (John 11:35)

John 11:35 "Jesus wept."

Psalms 30:5b "...Weeping may last for the night, but a shout of joy comes in the morning."

**E. Unexpected Infirmities** (Ecclesiastes 12:1-8)

Ecclesiastes 12:1-4 <sup>1</sup> "Remember also your Creator in the days of your youth, before the evil days come and the years draw near when you will say, 'I have no delight in them'; <sup>2</sup> before the sun and the light, the moon and the stars are darkened, and clouds return after the rain; <sup>3</sup> in the day that the watchmen of the house tremble, and mighty men stoop, the grinding ones stand idle because they are few, and those who look through windows grow dim; <sup>4</sup> and the doors on the street are shut as the sound of the grinding mill is low, and one will arise at the sound of the bird, and all the daughters of song will sing softly."

**F. Untreated Chemical Imbalances** (Romans 8:21-22)

Romans 8:21-22 <sup>21</sup> "Creation itself also will be set free from its slavery to corruption into the freedom of the glory of the children of God. <sup>22</sup> For we know that the whole creation groans and suffers the pains of childbirth together until now."

**III. A Case Study In Discouragement: Nehemiah** (Nehemiah 4:10-12)**A. The People Were Drained** (Nehemiah 4:10a)

Nehemiah 4:10a "The strength of the burden bearers is failing..."

**B. The People Were Disgruntled** (Nehemiah 4:10b)

Nehemiah 4:10b "...yet there is much rubbish..."

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SEPARATE YOU FROM THE BLESSED LIFE**"MOVING FROM DISCOURAGEMENT TO HOPE" NEHEMIAH 4****C. The People Were Dejected** (Nehemiah 4:10c)

Nehemiah 4:10c "...and we ourselves are unable to rebuild the wall."

**D. The People Were Distressed** (Nehemiah 4:11-12)

Nehemiah 4:11-12 <sup>11</sup> "Our enemies said, 'They will not know or see until we come among them, kill them and put a stop to the work.' <sup>12</sup> [Then] the Jews who lived near them came and told us ten times, 'They will come up against us from every place where you may turn.'"

**IV. The Path From Discouragement To Hope** (Nehemiah 4:13-22)**A. Find Encouragement in Your Family** (Nehemiah 4:13)

Nehemiah 4:13 "...I stationed men in the lowest parts of the space behind the wall, the exposed places, and I stationed the people in families with their swords, spears and bows."

**B. Remember God Is on Your Side** (Nehemiah 4:14)

Nehemiah 4:14 "When I saw their fear, I rose and spoke to the nobles, the officials and the rest of the people: 'Do not be afraid of them; remember the Lord who is great and awesome, and fight for your brothers, your sons, your daughters, your wives and your houses.'"

**C. Do the Work God Has Given You** (Nehemiah 4:15-18)

Nehemiah 4:15 "When our enemies heard that it was known to us, and that God had frustrated their plan, then all of us returned to the wall, each one to his work."

Nehemiah 4:16 "From that day on, half of my servants carried on the work while half of them held the spears, the shields, the bows and the breastplates; and the captains were behind the whole house of Judah."

Nehemiah 4:17-18 <sup>17</sup> "Those who were rebuilding the wall and those who carried burdens took their load with one hand doing the work and the other holding a weapon. <sup>18</sup> As for the builders, each wore his sword girded at his side as he built, while the trumpeter stood near me."

**D. Enlist Others to Help You** (Nehemiah 4:19-20)

Nehemiah 4:19-20 <sup>19</sup> "I said to the nobles, the officials and the rest of the people, 'The work is great and extensive, and we are separated on the wall far from one another. <sup>20</sup> At whatever place you hear the sound of the trumpet, rally to us there. Our God will fight for us.'"

Ecclesiastes 4:12 "A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken."  
(NLT)

**E. Serve Another Person in Need** (Nehemiah 4:21-22)

Nehemiah 4:21-22 <sup>21</sup> "So we carried on the work with half of them holding spears from dawn until the stars appeared. <sup>22</sup> At that time I also said to the people, 'Let each man with his servant spend the night within Jerusalem so that they may be a guard for us by night and a laborer by day.'"

Conclusion