

# Overcoming Discouragement

As we examined in our last article, trying to build this wall was turning out to be no easy task! Sometimes when you have lost, you have a deep feeling that it is just not worth it. How can we handle discouragement? Nehemiah employed five techniques.

First, unify your efforts toward a goal (vs. 13). Nehemiah turned their attention from themselves to the enemy. When brethren are unified toward a goal, there is no time to be worrying about trouble (Philippians 1:27; Colossians 1:29). Second, direct your attention to the Lord (vs. 14). They were looking at the rubble when they needed to be looking at and putting their trust in the Lord (Philippians 4:4, 13). With God we are promised that everything will fall into place (1 Peter 5:7).

Third, maintain a balance in your faith and actions (vss. 14-17). We have got to stand, to contend for the faith, to be strong in the fight and to be good soldiers (James 1:22-24). Fourth, determine a rallying point (vss. 19-20). You are not alone. Just when you think you are down and out, you have a friend to pick you up and dust you off (1 Corinthians 15:58; 2 Corinthians 4:16). Fifth, serve other people (vss. 21-22). How much time will you spend helping other people? Serving others is a large part of the responsibilities of the gospel (John 13:1-17; Galatians 5:13; Hebrews 6:10).

Nehemiah did not ignore discouragement. You cannot ignore discouragement. It is like ignoring a flat tire. Pray all you want; drive all you want; you will never get the air back into it. It must be fixed. That is the way it is with discouragement.

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