



THE LORD'S FLOCK GROWTH DIGEST

PASTORAL GROWTH SERIES

Overcoming Discouragement

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Discouragement means a loss of confidence or enthusiasm. It is one of the best tools used by the enemy to defeat us. All of us, even the most gifted and strong men of God, e.g., Moses, Joshua, Job experienced discouragement from time to time.

When Nehemiah heard that the walls of Jerusalem were broken down, he asked the king's permission to rebuild the temple of Jerusalem. Nehemiah taught us how to battle discouragement (Neh. 4:1-14).

What are the 4 Reasons why the Israelites were discouraged to rebuild the walls?

1. Fatigue (*Pagkapagod*)

- ...the strength of the laborers is giving out (Neh. 4:10).

2. Frustration (*Pagkabigo*)

- Rubbles are trivial things that waste your time and energy and prevent you from accomplishing what God has called you to do.

3. Failure (*Pagkabagsak*)

- Nehemiah's people were not able to finish rebuilding the wall on time. Their confidence collapsed.
- Everybody fails. So, the issue is not that we failed, but how we respond to our failure by clinging to God.

4. Fear (*Takot*)

- Also our enemies said, "Before they know it or see us, we will be right there among them and will kill them and put an end to the work." (Neh. 4:11).
- Nehemiah 4 suggests that the people most affected by fear are those who hang around negative people.
- Fear will destroy our life if we let it.
- When discouraged, ask God to help us fix our eyes on Him (Heb. 12:2).

Nehemiah's 5 Remedies to Discouragement (Neh. 4:13-23)

1. Reinforcement

- Nehemiah stationed some people behind the lowest points of the wall (Neh. 4:13).
- Moses is the greatest leader, handpicked by God, and yet he became suicidal (Num. 11:14-15). Despite this, the Lord still helped and guided him (Num. 11:16-17).

2. Requisition

- But we prayed to our God and posted a guard day and night to meet this threat (Neh. 4:9).
- During the time of discouragement, Joshua talked to God and prayed for it is the best antidote to discouragement (Josh. 7:8-9).

3. Revitalization

- Remember the Lord who is great and awesome (Neh. 4:14). Find rest on God and be refreshed by His Word and His presence.
- Elijah, the greatest prophet in the Old Testament, requested to die (1 King 19:4), but God encouraged him (1 King 19:7-8).

4. Reposition

- Reposition yourself from the position of doubt and defeat to the position of faith and victory. Stand on the Word of God and not on your doubt, for the one who doubts will not receive anything from God (Jas. 1:6-7).
- Job, in his patience and faith, when he lost everything, wished he had not been born, became depressed and suicidal (Job. 3:3). When he changed his position from complaining to praying for his friends, the Lord restored his fortunes and gave him twice as much as before.

5. Reflection

- Reflect on God's power and love. Look on God who will fight for us (Neh. 4:20).

God promises to renew our strength and take away our discouragement if we will just wait and reflect on God.

Are you discouraged? Reposition. Fix your eyes on Jesus and do not doubt the power of God.

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