

HOW TO OVERCOME DISCOURAGEMENT



Pastor Paul Balderas

Introduction :

- **Devil's Yard sale**
- **He decided to sell all his tools.**
- **Lust had a high price on it, and so did pride, arrogance, envy, and bitterness. But one tool was off to the side and said 'not for sale.' It was the tool of discouragement!**
-

discouragement



#1 The nature of discouragement

#2 The causes for discouragement

#3 The cure of discouragement

- *What does discouragement look like*
- *What causes discouragement*
- *How can we overcome discouragement*

#1 What does discouragement look like?



A. Discouragement doesn't discriminate.

1# v. 10 *In Judah it was said*, “The strength of those who bear the burdens is failing. There is too much rubble. By ourselves, we will not be able to rebuild the wall.”

Judah was the chief tribe, the leaders among the nation, the cream of the crop! It was these that said, ‘we can’t do it, we can’t continue.’

Even the best Christians are under it's power at times.

C. H. Spurgeon, the prince of preachers, was given to depression and discouragement. He said, "I would not wish upon my worst enemy the depths of despair and discouragement I often feel for weeks or months at a time."

John Wesley was also given to discouragement. He married poorly, the wrong woman. There were times she would drag him around the house by the hair! [that would only happen once at my house before I'd shave my head!]

B. Discouragement is both unpredictable and predictable

10: The strength of those who bear the burdens is failing

When did their strength fall them?

Discouragement can happen at any time but it usually happens at mid-point

6 So we built the wall. And all the wall was joined together to half its height, for the people had a mind to work.

It was halfway done.

That's where we often get discouraged when we're in the thick of it

B. Discouragement is debilitating

V9 The *strength* of those who bear the burdens is *failing*.

Fatigue Due To A Loss Of Strength:

They were just plain worn out. They had worked a long and hard for an extended period of time. They were physically, mentally, emotionally and spiritually exhausted.



#2 THE CAUSES OF DISCOURAGEMENT



a. Frustration Due To A Loss Of Vision:

v 10 and there is much rubbish;

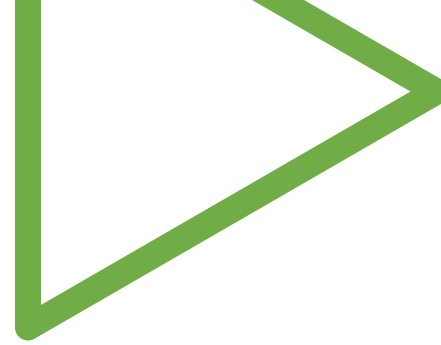
b. A Loss Of Confidence:

v 10 so that we are not able to build the wall.

C. Fear v. 11

v 11 "And our Adversaries said".

#3 The cure for discouragement



a. Reorganize v . 13

b. Remember v.14 a

C. Resist v. 14 b