

GREG'S NOTES

A NEW BEGINNING TEACHING OUTLINES

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HOW TO HANDLE DISCOURAGEMENT

Nehemiah 4–5

Maybe you are feeling discouraged right now. You're trying to fix something. Maybe it's your marriage, maybe it's your family, maybe it's your ministry, or maybe it's your own life. You're just trying to get closer to the Lord, and it seems like you take one step forward and three steps backward, and you don't understand why that's happening. You're just a bit overwhelmed.

Just know this: even the most godly people get discouraged at times. So if you're discouraged, just know you're in pretty good company.

PRACTICAL PRINCIPLES

1. **If the devil can't get us from the outside, he'll try to get us through the inside.** The devil stirs division through inside infiltration.
2. **When you're discouraged, put your eyes on the Lord.** Get your eyes off of your circumstances, get your eyes off of your half-finished project, get your eyes off of your enemies who mock you and hassle you—and put them back on the Lord.
3. **We need to make a stand in our own homes first.** It starts with us as individuals and then as families. Men need to be the spiritual leaders in their home—leading in Bible study, in prayer, and in participating at church.

RELEVANT REMINDERS

- Run your race. You're not competing with fellow Christians. Your competition is not other believers. Our enemies are the world, the flesh, and the devil.
- There are people that say they are Christians but do not behave as Christians. It is possible to be in the church, to read a Bible, to know a few verses, and not know the Lord at all.
- There's a difference between constructive criticism and destructive criticism. Constructive criticism sees a problem and wants to help; destructive criticism sees a problem, amplifies it, and wants to hurt.

APPLICABLE ACTIONS

Perhaps you have been thinking about giving up today. You are thinking about giving up on that marriage, giving up in that ministry, even giving up on your Christian faith because you've been disappointed by things that have come your way. What I want to say to you is, don't give up. Get up and keep your focus on Jesus Christ and you'll get through this.