

ROLLER COASTER

DEALING BIBLICALLY WITH LIFE'S EMOTIONAL UPS AND DOWNS

From Discouragement to Hope – Nehemiah Nehemiah 4:1-22

April 12, 2026

Introduction:

- It's so beautiful!
- Nehemiah 4 – a case study on discouragement's cause and cure

I. The Cause of Discouragement

- Nehemiah 4:1-3
- Nehemiah 4:10
 1. _____
 - “The strength of the laborer fails” – 4:10a
 2. _____
 - “Since there is so much rubble” – 4:10b
 3. _____
 - Nehemiah 4:6
 - “We will never be able to rebuild the wall” – 4:10c
- “Don't call me Naomi. Call me _____.”
- Exodus 15:23

II. The Cure for Discouragement

1. Spend Time in _____ – 4:7-9
2. Connect with _____ – 4:13
3. Remember the _____ of God – 4:14
4. Do the _____ God Has Given You to Do – 4:15-16
 - Genesis 4:6-7a
5. Don't Go It _____ – 4:19-20
6. Serve Someone in _____ – 4:21-22

Conclusion:

- Blue Monday