

## WHEN YOU FEEL LIKE GIVING UP

Nehemiah: Building A Better Future – Part 7  
Rick Warren  
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*“The people quickly rebuilt the first half of the wall around Jerusalem until it reached HALF ITS HEIGHT, because they worked hard with all their heart. BUT THEN (our enemies) heard how Jerusalem’s walls were being repaired and all the gaps were being closed. They became very angry and plotted to attack Jerusalem together and create some confusion to stop the progress. So we prayed to God for protection and posted 24 hour guards to protect the workers. But then people began to complain. They said, ‘We’re tired and worn out! Besides that there’s so much rubble and trash to be removed. We now realize that we cannot finish this wall.’ Also our enemies are now threatening us. They’re saying, ‘Before you know it or even see us, we’ll be among you to kill you and end your work!’ Then, those who lived closest to our enemies kept reporting – over ten times – that our enemies kept saying, ‘We’re going to attack you from every direction!’”*  
- Nehemiah 4:6–12

### 4 CAUSES OF DISCOURAGEMENT

1. \_\_\_\_\_  
*“Then the people of Judah began to complain that the workers were becoming tired.”*  
- Nehemiah 4:10a (NLT)  
  
*“Never forget how the Amalekites . . . attacked you when you were exhausted and weary, and they struck down those who began to lag behind . . .”*  
- Deuteronomy 25:17–18 (NLT)
2. **Frustration**  
*“Besides that, there was so much rubble and trash to be removed.”*  
- Nehemiah 4:10b
3. **Feeling that I am failing**  
*“We now realize that we CANNOT finish this wall!”* - Nehemiah 4:10c (NAB)  
  
*“We’ll NEVER be able to finish it!”* - Nehemiah 4:10c
4. \_\_\_\_\_  
*“Also our enemies are now threatening us. They’re saying, ‘Before you know it or even see us, we’ll be among you to kill you and end your work!’”*  
- Nehemiah 4:11  
  
*“Then, those who lived closest to our enemies kept reporting – over ten times – that our enemies kept saying, ‘We’re going to attack you from every direction!’”*  
- Nehemiah 4:12

## HOW CAN I DEFEAT DISCOURAGEMENT?

1. **Rest my body**  
*“You made my body Lord – now give me sense to heed your laws.”*  
- Psalm 119:73 (LB)  
  
*“It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.”*  
- Psalm 127:2 (NLT)
2. \_\_\_\_\_ **my weak areas**  
*“So I stationed armed guards at the most vulnerable points of the wall and at the most exposed places I assigned people by families to protect each other with their swords, spears, and bows.”*  
- Nehemiah 4:13 (MSG)  
  
*“Some people have gotten out of the habit of meeting together with other believers, but we must not do that! Instead, we should keep on encouraging each other . . .”*  
- Hebrews 10:25 (CEV)
3. **Refocus on God**  
*“Aware of their anxiety, I stood up and said to the nobles, officials, and the rest of the people, ‘DO NOT BE AFRAID of the enemy! REMEMBER THE LORD who is great and awe-inspiring!’”*  
- Nehemiah 4:14a (NJB)  
  
*“I’m completely discouraged, so revive me with your Word.”*- Psalm 119:25 (NLT)
4. \_\_\_\_\_ **the discouragement**  
*(I also told them) “. . . you must FIGHT for your brothers, and your sons, and your daughters, and your wives and homes!”*  
- Nehemiah 4:14b  
  
*“When I am ready to give up, HE knows what I should do.”*- Psalm 142:3a (TEV)  
  
*“God gives power to those who are tired and worn out, and he offers strength to the weak. . . . Those who wait on the LORD will find new strength.”*  
- Isaiah 40:29, 31a (NLT)

## 當你想放棄的時候

尼希米記：建立更美好的未來 - 第七部  
華理克牧師  
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“人們很快就重建圍繞耶路撒冷的城牆，達到一半的高度，因為眾人都全心努力作工。然而，（我們的敵人）聽見耶路撒冷城牆重修工程仍然進行，已經堵塞城牆的缺口，就非常忿怒。他們就一同計劃陰謀要來攻擊耶路撒冷，製造混亂來防礙進度。所以我們向神祈求保護，又設立守衛，日夜保護工人。但後來人們開始抱怨，他們說：「我們疲倦不堪！但除此之外，仍有那麼多瓦礫和垃圾要清理！我們現在意識到，我們不能建好這城牆。」而且我們的敵人也在威脅我們，他們說：「趁着你們不知道，還未看見之前，我們就進入你們中間，殺死你們，終止你們的工作！」然後，住在敵人附近的猶太人，超過十次來告訴我們，敵人一直在說：「我們會從各方來攻擊你們！」”

- 尼希米記 4:6-12 (意譯)

### 令人沮喪的四個原因

#### 1. \_\_\_\_\_

“這時猶大的民眾開始抱怨：「工人已經筋疲力竭了。」”

- 尼希米記 4:10 上 (新普及譯本)

“不要忘記…亞瑪力人…趁你疲憊不堪的時候攻擊你，擊殺掉隊的人。”

- 申命記 25:17-18 (新普及譯本)

#### 2. 挫折感

“但除此之外，仍有那麼多瓦礫和垃圾要清理！” - 尼希米記 4:10 中 (意譯)

#### 3. 覺得自己將會失敗

“我們現在意識到，我們不能建好這城牆。” - 尼希米記 4:10 下 (意譯)

“我們…絕不可能建好這城牆的。” - 尼希米記 4:10 下 (新普及譯本)

#### 4. \_\_\_\_\_

“而且我們的敵人也在威脅我們，他們說：「趁着你們不知道，還未看見之前，我們就進入你們中間，殺死你們，終止你們的工作！」” - 尼希米記 4:11 (新譯本/意譯)

“然後，住在敵人附近的猶太人，超過十次來告訴我們，敵人一直在說：「我們會從各方來攻擊你們！」” - 尼希米記 4:12 (當代譯本/意譯)

## 我怎樣才能戰勝沮喪？

### 1. 讓我的身體休息

“主啊，你創造了我的身體；求你賜給我理解力，能學習你的律法。”

- 詩篇 119:73 (現中修訂版/意譯)

“你們早起晚睡，辛勞工作，為飲食勞碌，都是枉然；上帝必使他所愛的人安歇。” - 詩篇 127:2 (新普及譯本)

### 2. \_\_\_\_\_ 我的弱點

“於是我派了武裝警衛到城牆最易受攻擊的地方，與及無遮掩的區域裏。我安排帶着刀劍、長矛弓箭的人按着家族站崗。”

- 尼希米記 4:13 (新普及譯本/信息版意譯)

“有些人放棄了與其他信徒聚會的習慣，但我們決不能這樣做！卻要繼續彼此鼓勵。” - 希伯來書 10:25 (意譯)

### 3. 重新專注於上帝

“我意識到他們的憂慮，就起來，對貴族、官長和其餘的人民說：「不要怕這些敵人！要記得主是偉大可畏，」！” - 尼希米記 4:14 上 (中文標準譯本/NJB 意譯)

“我心灰意冷，求你用你的話將我救活。” - 詩篇 119:25 (新普及譯本/NLT 意譯)

### 4. \_\_\_\_\_ 沮喪

尼希米說：“（我還對他們說）「…要爭戰，要為你們的兄弟、兒女、妻子和你們的家爭戰！」” - 尼希米記 4:14 下 (意譯)

“我快要絕望的時候，他知道我該做的事。” - 詩篇 142:3 上 (現中修訂版/意譯)

“疲乏的，他賜能力；軟弱的，他加力量。但那等候耶和華的，必從新得力。” - 以賽亞書 40:29, 31 上 (和合本)