

## **"Life's Lessons From Nehemiah"** **Distractions, Discouragement and Deadly Attacks**

*"When Sanballat heard that we were rebuilding the wall, he became angry and was greatly incensed. He ridiculed the Jews, and in the presence of his associates and the army of Samaria, he said, 'What are those feeble Jews doing? Will they restore their wall? Will they offer sacrifices? Will they finish in a day? Can they bring the stones back to life from those heaps of rubble-burned as they are?' Tobiah the Ammonite, who was at his side, 'What they are building – if even a fox climbed up on it, he would break down their wall of stones!'"*  
Nehemiah 4:1-3 (NIV)

### **1. To recognize distractions, discouragement, and deadly attacks I need discernment**

*"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily hinders our progress. And let us run with endurance the race that God has set before us. We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish. He was willing to die a shameful death on the cross because of the joy he knew would be his afterward. Now he is seated in the place of highest honor beside God's throne in heaven. Think about all he endured when sinful people did such terrible things to him, so that you don't become weary and give up. After all, you have not yet given your lives in your struggle against sin."*  
Hebrews 12:1-4 (NLT)

We have Community Groups throughout the Denver Metro Area. You can find a listing of these groups online at [www.fbc.org](http://www.fbc.org). Simply scroll over "ministries" and then click on "Community Groups." For more information or questions, please contact Ceely Ann at 303.424.2121, ext. 92407 or [ceelyann.lonergan@fbc.org](mailto:ceelyann.lonergan@fbc.org)

**Please feel free to come down to the front  
for prayer after service.  
"...pray for one another..." James 5:16**

- The ability to detect, recognize, or perceive beyond what is said or seen. The ability to read between the lines is discernment

## 2. Distractions can be confronted by maintaining focus on our assignment

*“When Sanballat, Tobiah, Geshem the Arab, and the rest of our enemies found out that I had finished rebuilding the wall and that no gaps remained — though we had not yet hung the doors in the gates — Sanballat and Geshem sent me a message asking me to meet them at one of the villages in the plain of Ono. But I realized they were plotting to harm me, so I replied by sending this message to them: ‘I am doing a great work! I cannot stop to come and meet with you.’”*

*Nehemiah 6:1-3 (NLT)*

## 3. Distractions often lead to discouragement

*“Meanwhile, the people in Judah said, ‘The strength of the laborers is giving out, and there is so much rubble that we cannot rebuild the wall.’ 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.’ Then the Jews who lived near them came and told us ten times over, ‘Wherever you turn, they will attack us.’ Therefore I stationed some of the people behind the lowest points of the wall at the exposed places, posting them by families, with their swords, spears and bows. After I looked things over, I stood up and said to the nobles, the officials and the rest of the people ‘Don’t be afraid of them. Remember the Lord, who is great and awesome, and fight for your brothers, your sons and your daughters, your wives and your homes.’”*

*Nehemiah 4:10-14 (NIV)*

- To obstruct by opposition or difficulty; to hinder is discouragement

- Discouragement weakens moral, and focus is compromised

- When I am discouraged I should rest, reflect, and renew

*“Then the Lord said to Cain, ‘Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it.’”*

*Genesis 4:6-7 (NIV)*

## 4. Discouragement leaves us vulnerable and leads to deadly attacks

*“Be careful - watch out for attacks from Satan, your great enemy. He prowls around like a hungry, roaring lion, looking for some victim to tear apart. Stand firm when he attacks. Trust the Lord; and remember that other Christians all around the world are going through these sufferings too.”*

*1 Peter 5:8-9 (TLB)*

## 5. When distractions, discouragement, and deadly attacks come, we should return to the basics

- The Word of God
- Prayer
- Fellowship