

戰勝沮喪

Defeating Discouragement

尼希米記

Nehemiah 4: 1-23

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沮喪的外在成因

External Causes of Discouragement

第一是譏笑

The first one was ridicule.

verses 1-2:

“參巴拉聽見我們修造城牆、就發怒、大大惱恨、嗤笑猶大人。”

When Sanballat heard that we were rebuilding the wall, he became angry and was greatly incensed. He ridiculed the Jews...”

verse 3 多比雅Tobiah's

“他們所修造的石牆、
就是狐狸上去也必蹣倒。”

What they are building if even a
fox climbed up on it, he would
break down their wall of stones!”

第二是抑制

The second cause was repression.

verse 7

參巴拉、多比雅、亞拉伯人、
亞捫人、亞實突人、聽見修造耶
路撒冷城牆、著手進行、
堵塞破裂的地方、就甚發怒。

But when Sanballat, Tobiah, the Arabs, the
Ammonites and the men of Ashdod heard
that the repairs to Jerusalem's walls had
gone ahead and that the gaps were being
closed, they were very angry.



Warren Wiersbe writes,
"God's people sometimes
have difficulty working
together, but the people of the
world have no problem
uniting in opposition to the
work of the Lord."

沮喪的內在成因

Internal Causes of Discouragement

1 過勞 **Fatigue.**

Verse 10

“猶大人說、灰土尚多、
扛抬的人力氣已經衰敗、
Meanwhile, the people in
Judah said, 'The strength of
the laborers is giving out...'”

2. 受挫折 Frustrated.

Verse 10

猶大人說：「灰土尚多，
扛抬的人力氣已經衰敗，
所以我們不能建造城牆。」

¹⁰ 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.”

希伯來書Hebrews 12:1

“...如同雲彩圍著我們、
就當放下各樣的重擔、脫去容
易纏累我們的罪、存心忍耐、
奔那擺在我們前頭的路程、
let us throw off everything that
hinders and the sin that so easily
entangles, and let us run with
endurance the race marked out for us.”

3. 懼伯 Fear.

verse 10:

“我們不能建造城牆。
We cannot rebuild the wall.”

verse 12

“那靠近敵人居住的猶大人、十次從各處來見我們說、你們必要回到我們那裏。

Then the Jews who lived near them came and told us ten times over ‘Wherever you turn, they will attack us.’”

對生命的驚怕 (結婚的合作)

Scared to Life, (Marriage Partnership):

60% 的害怕是無理由的.

60% of our fears are totally unfounded

20% 已經過去

20% are already behind us

10% 是瑣碎的不會造成任何的不同

10% are so petty they don't make any difference

5% 是真實的, 但是我們不能做什麼.

5% are real, but we can't do anything about them

5% 是真實的, 我們可以做什麼.

5% are real, and we can do something about them

沮喪的治療

The Cures for Discouragement

1. 請求神的幫助

Request God's help.

verses 4:

“我們的 神阿、求你垂聽、
因為我們被藐視。求你使他們
的毀謗歸於他們的頭上、
使他們在擄到之地作為掠物。

Hear us, O God, for we are despised.

Turn their insults back on their own
heads. Give them over as plunder in
a land of captivity.

Verses 5:

“不要遮掩他們的罪孽、
不要使他們的罪惡從你面前
塗抹。因為他們在修造的人
眼前惹動你的怒氣。

Do not cover up their guilt or blot out
their sins from your sight, for they
have thrown insults in the face of the
builders.”

2. 重整你的優先次序

Reorganize your priorities.
verse 13

“所以我使百姓各按宗族、
拿刀、拿槍、拿弓、站在城
牆後邊低窪的空處。

Therefore I stationed some of the people
behind the lowest point of the wall at the
exposed places, posting them by families,
with their swords, spears and bows.”

從那日起、我的僕人一半作
工、一半拿槍、拿盾牌、拿
弓、穿鎧甲。官長都站在猶
大眾人的後邊。

From that day on, half of my men did the
work, while the other half were equipped
with spears, shields, bows and armor.
The officers posted themselves behind
all the people of Judah

Goal for 2015

1. Worship Service -
 - a. Worship adults attendants breaking the 100
 - b. Have a group of committed coworkers
 - c. Clearly the right time for the Lord for Building.
2. Consistent strong outreach and discipleship programs
Thanksgiving picnic outreach
Christmas Celebration outreach .
3. Regular attendants in worship breaking the 150(Adults, Youth and Children) barrier
4. Set a Bible reading program – Everyone read through the bible once.
5. Raise up new Governing Board members / Elders
6. 80% members attending Bible Study, Sunday School and Prayer meeting.
7. Send out one short term mission

3 記得神是誰 Remember who God is.

verse 14:

“...不要怕他們、
當記念主是大而可畏的。

Don't be afraid of them.

Remember the Lord, who is great
and awesome...”

A photograph of the Golden Gate Bridge at night, illuminated with warm lights against a dark blue sky. The bridge's iconic towers and suspension cables are visible, with the water below reflecting the lights.

Our Security Net

我們的安全網

沮喪的治療

Cures for discouragement

請求神的幫助

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重整你的優先次序

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Remember who God is.

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