》 戰勝沮喪 Defeating Discouragement

尼希米記 Nehemiah 4: 1-23

陳業添

沮喪的外在成因

External Causes of Discouragement

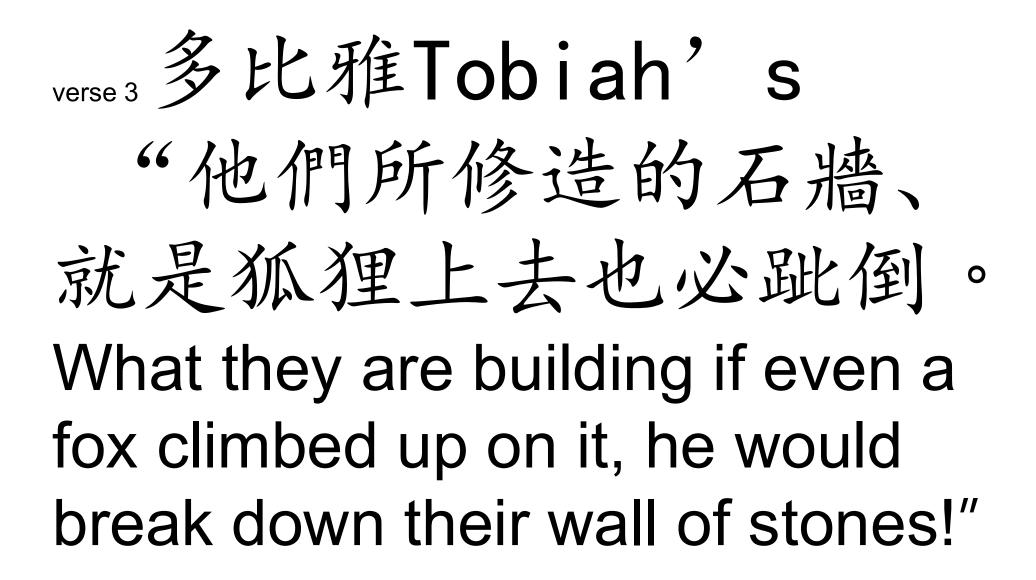


The first one was ridicule.

verses 1-2:

"参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..."



第二是抑制

The second cause was repression.

verse 7







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):

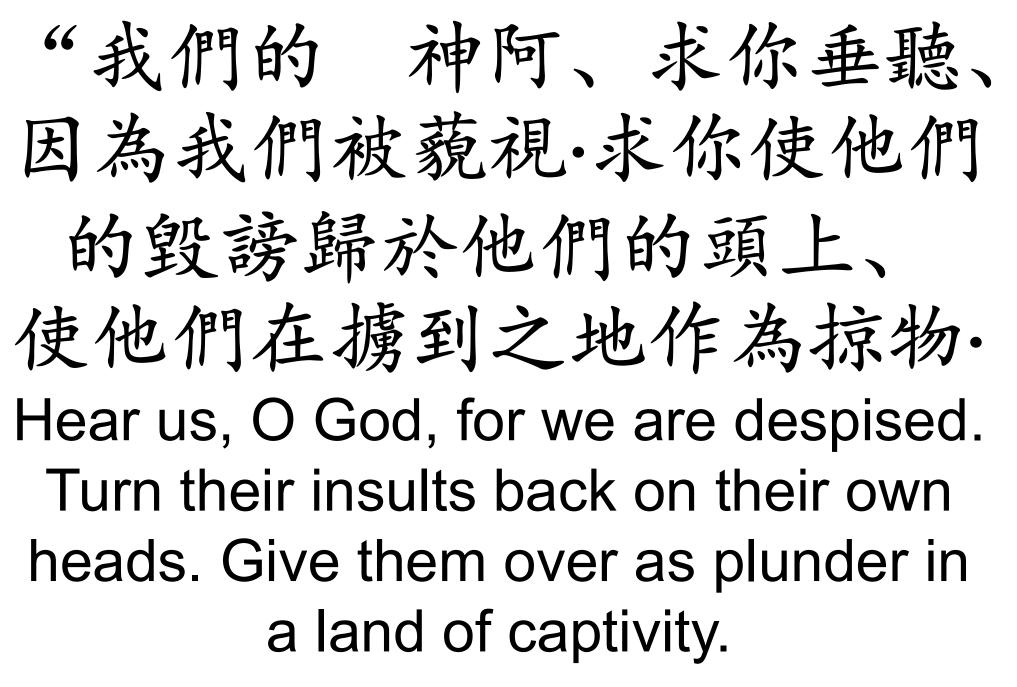
- 60% 的害怕是無理由的.
- 60% of our fears are totally unfounded
- 20% 已經過去
- 20% are already behind us
- 10% 是瑣碎的不會造成任何的不同
- 10% are so petty they don't make any difference
- 5% 是真實的, 但是我們不能做什麼.
- 5% are real, but we can't do anything about them
- 5% 是真實的, 我們可以做什麼.
- 5% are real, and we can do something about them



The Cures for Discouragement

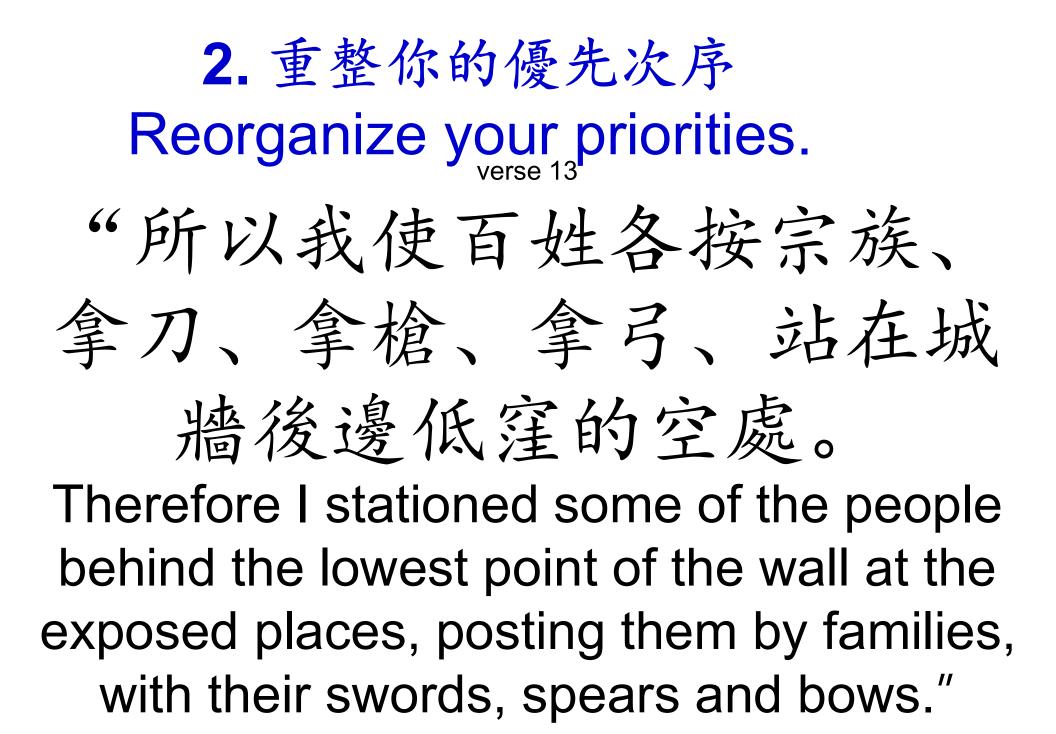
1. 請求神的幫助 Request God's help.

verses 4:

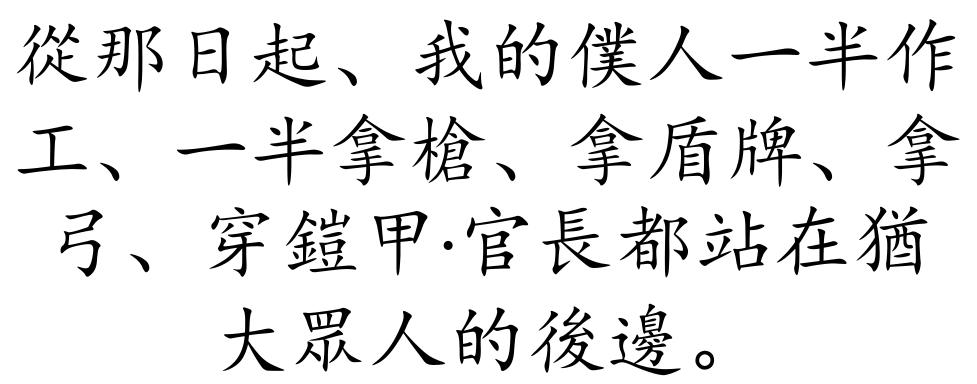


Verses 5:

"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."



verse 16



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.
- 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..."

Our Security Net 我們的安全網

沮喪的治療

Cures for discouragement

- 請求神的幫助 Request God's help.
- 重整你的優先次序
- Reorganize you priorities.

記得神是誰

Remember who God is.

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