

Builders

A STUDY THROUGH
THE BOOK OF NEHEMIAH

Week 3 - Defeating Discouragement

GROUP QUESTIONS

Read Nehemiah 4:1-14

There are 4 major discouragers that stand out in Nehemiah and we often find true in our lives as well:

Fatigue (4:10a), Frustration (4:10b), Failure Mentality (4:10b), and Fear (4:11-12)

- Which one of these discouragements do you find the most in your life? How have you seen it affect you?
- Which one do you struggle with the least?
- If you were to observe the pattern of your life, when do these discouragements tend to come?
For most people these discouragements come either right before a major push towards health or progress, or right after the completion of a step in the right direction.
- What steps does Nehemiah take to fight against this discouragement in his ranks?

Re-Establish Your Goals

- What goals have you passed over or given up on because of discouragement? How could you re-establish them?

Realize Your Not Alone

- Who do you have in your life that could support you and encourage you? (look around the room or screen, your group is a great resource for this)

Ready to Fight

- In pursuit of personally & spiritually healthy goals, there will always be resistance. How can you prepare your self to stand firm and keep moving forward?

Remember the Lord

- One of the best weapons against discouragement is remembering how God has been for you in previous battles. Share how Jesus has come through for you in the past.

Read 1 John 4:4 and discuss

NEXT STEPS

OUTREACH - LVWKND

1st Saturday of November - November 7

Head to outreach.lighthouse.church/lvwknd to register for this month's projects!

GROWTH TRACK

Growth Track guides you to discover your redemptive purpose and live the life God designed for you. Register at lighthouse.church/growth-track

TESTIFY

Tell someone about how Jesus has changed your story, and let us know too! - stories@lighthouse.church

Also - Check out the brand new Testify Podcast - lh.church/testifypodcast and hear stories of Jesus changing everything!

BAPTISM

Interested in getting baptized or learning more about it? Let us know at lh.church/baptism !