


“This is the work of  
God, that you believe  
in Him whom He has  
sent.”

**John 6:29**



# Dealing With Discouragement

Nehemiah 4

A silhouette of a hiker with a large backpack is shown climbing a steep, rocky mountain peak. The hiker is positioned on the right side of the frame, reaching up to touch a jagged rock formation. The background is a vast, cloudy sky with a soft, golden light near the horizon, suggesting either dawn or dusk. The overall mood is one of perseverance and overcoming challenges.






WORDS

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**1** Now it came about that when Sanballat heard that we were rebuilding the wall, he became furious and very angry and mocked the Jews. **2** He spoke in the presence of his brothers and the wealthy men of Samaria and said, "What are these feeble Jews doing? Are they going to restore it for themselves?"

**Nehemiah 4**

Can they offer sacrifices? Can they finish in a day? Can they revive the stones from the dusty rubble even the burned ones?" **3** Now Tobiah the Ammonite was near him and he said, "Even what they are building - if a fox should jump on it, he would break their stone wall down!"


**Nehemiah 4**





# Dealing With Discouragement

Nehemiah 4

A silhouette of a hiker with a large backpack climbing a steep, rocky mountain peak against a cloudy sky at dusk or dawn. The hiker is positioned on the right side of the frame, reaching up towards a jagged rock formation. The sky is filled with soft, wispy clouds, and the overall tone is dramatic and inspiring.

He chose *prayer*  
over *retaliation*.



Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him for the help of His presence.

**Psalm 42:5**



He chose *prayer*  
over *retaliation*.



He chose *prayer*  
over *retaliation*.

He chose *mission*  
over *distraction*.



What Do  
I Choose?

