Growth Group Bible Study

Nehemiah: A Journey Back for Our Journey Forward - Sermon Series
"Dealing with Discouragement"

USTICK BAPTIST CHURCH

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Reading Nehemiah 4:1-23

Opening Questions

1. Share a time when you felt publicly embarrassed, criticized or even ridiculed by others. How did you handle that?

2. Do you tend to be easily discouraged? If so, what seems to "trigger it" the most?

3. What and/or whom tends to life you out of discouragement the most?

Study

1. Why does it seem (based on the transition of Nehemiah chapter 3 to chapter 4) that "victory" in our lives can be closely followed by discouragement or even "defeat" or trials of "testing"?

2. In what ways were the Jewish builders mocked and ridiculed in 4:1-3? How do these "translate" into our being criticized or mocked for being Christians or in our endeavors as we just live our lives?

3. Why do "critics like a crowd" (4:2ff)?

4. How did the Jewish people feel threatened in Nehemiah 4? Is there a parallel for believers today?

5. The Jewish builders struggled with "internal discouragement" based on 4:10. What discouraged them and how do we face similar discouragements?

6. Nehemiah's prayer in 4:4-5 seems "harsh". What's going on there and what does it say about our praying today "against" God's "enemies"? cf. Luke 6:27-29

7. In what ways does Nehemiah model "going to God" in discouragement and what lessons can we learn about "going to God" in our discouragement?
cf. 4:4-5, 9, 14, 20 with Exodus 14:13-14; Numbers 14:8-9; Deut. 1:29-30

8. What are the ways we can "go to God" in our discouragement and also what can we do from those things to help us deal with external and internal things causing our discouragement? cf. 1 Peter 2:23

9. What are some "practical steps" that Nehemiah took with the people to help them with their fears as they continued to build?

10. What "prudent" steps can we take to keep "going on with God" in the face of discouragement?

Application

1. In what way could you be discouraged at this moment and how can your group be praying for you?