

## WHEN YOU FEEL LIKE GIVING UP

How God Turns Setbacks into Comebacks  
Rick Warren

*“At last the wall was completed to half its original height around the entire city—for the workers worked hard. But when Sanballat and Tobiah and the Arabians, Ammonites, and Ashdodites heard that the work was going right ahead and that the breaks in the wall were being repaired, they became furious. They plotted to lead an army against Jerusalem to bring about riots and confusion. But we prayed to our God and guarded the city day and night to protect ourselves. Then some of the leaders began complaining that the workmen were becoming tired; and there was so much rubble to be removed that we could never get it done by ourselves. Meanwhile, our enemies were planning to swoop down upon us and kill us, thus ending our work. And whenever the workers who lived in the nearby cities went home for a visit, our enemies tried to talk them out of returning to Jerusalem.”* Nehemiah 4:6-12 (TLB)

### 4 SETBACKS THAT CAN CAUSE DISCOURAGEMENT

#### 1. WHEN SOMETHING \_\_\_\_\_ THIS CAUSES \_\_\_\_\_

*“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.’”* Nehemiah 4:10 (NIV)

*“Never forget how the Amalekites . . . attacked you when you were exhausted and weary, and they struck down those who were straggling behind.”*  
Deuteronomy 25:17-18 (NLT)

#### 2. WHEN SOMETHING \_\_\_\_\_ THIS CAUSES \_\_\_\_\_

*“There is so much rubble that we cannot rebuild the wall.”* Nehemiah 4:10 (NIV)

*“Come, Lord, and show me your mercy, for I am helpless, overwhelmed, in deep distress.”* Psalm 25:16 (TLB)

#### 3. WHEN I START \_\_\_\_\_ THIS CAUSES A SENSE OF \_\_\_\_\_

*“we cannot rebuild the wall.”* Nehemiah 4:10 (NIV)

#### 4. WHEN THE \_\_\_\_\_ THIS CAUSES \_\_\_\_\_

*“Meanwhile, our enemies were planning to swoop down upon us and kill us, thus ending our work.”* Nehemiah 4:11 (TLB)

*“Then the Jews who lived near our enemies came. They told us ten times, ‘Everywhere you turn, the enemy will attack us.’”* Nehemiah 4:12

### WHAT SHOULD I DO WHEN I FEEL LIKE GIVING UP?

Do the 3 things Nehemiah did

1. \_\_\_\_\_  
*“So I stationed armed guards at the most vulnerable places of the wall and assigned people by families with their swords, lances, and bows.”*  
Nehemiah 4:13 (MSG)

*“Some people have given up the habit of meeting for worship, but we must not do that. We should keep on encouraging each other.”* Hebrews 4:25 (CEV)

2. \_\_\_\_\_  
*“Then as I looked over the situation, I called together the nobles and the rest of the people and said to them, ‘Don’t be afraid of the enemy! Remember the Lord, who is great and glorious.’”* Nehemiah 4:14 (NLT)

(Jonah) *“When I had lost all hope, I turned my thoughts once more to the Lord.”*  
Jonah 2:7 (TLB)

(David) *“I’m completely discouraged . . . Revive me by your Word!”*  
Psalm 119:25 (TLB)

3. \_\_\_\_\_  
(Then I told them) *“Fight for your families, and your sons and your daughters, and wives and homes.”* Nehemiah 4:14 (NIV)

*Next Step*

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