

**Defeating Discouragement**  
**Leadership Lessons from Nehemiah—Part 4**  
**Nehemiah 2:1-23**  
**January 28, 2018**

**At least three things make discouragement a potent problem:**

1. It's \_\_\_\_\_.
2. It's \_\_\_\_\_.
3. It's highly \_\_\_\_\_.

**This morning we're going to focus on both the causes and cures for discouragement.**

**Let's begin by looking at the causes:**

**External Causes**

**These enemies used two types of external forces:**

1. \_\_\_\_\_ (vv. 1-2)
2. \_\_\_\_\_ (vv. 7-8)

**Internal Causes:**

1. \_\_\_\_\_ (v. 10a)
2. ----- (v. 10b)
3. ----- (v. 12)

**Three cures for discouragement:**

1. \_\_\_\_\_ God's help. (vv. 4-5)
2. \_\_\_\_\_ your priorities. (v. 13)
3. \_\_\_\_\_ who God is. (v. 14)