

***“To the Discouraged”***  
***Mother’s Day, May 10th, 2026***  
**What Would Jesus Say? - Part 6**  
**Pastor Chris Rollins**

**Causes of Discouragement:**

“Meanwhile, 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)

**1. Fatigue**

“Come to me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28 (NIV)

**2. Frustration**

“Meanwhile, 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)

“As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. Her sister, Mary, sat at the Lord’s feet, listening to what he taught. But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, “Lord, doesn’t it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.”

But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”  
Luke 10:38-42 (NLT)

**3. Failure**

“Meanwhile, 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)

**4. Fear**

“Also our enemies said, “Before they know it or see us, we will be right there among them and will kill them and put an end to the work.”  
Nehemiah 4:11 (NIV)

Matthew 14:27; Luke 12:32; John 14:27; Matthew 28:5,10  
“DO NOT BE AFRAID!”

**What Would Jesus Say?**

**1. “Reorganize.”**

“Therefore I stationed some of the people behind the lowest points of the wall at the exposed places, posting them by families, with their swords, spears and bows.” Nehemiah 4:13 (NIV)

“He said, “Throw your net on the right side of the boat and you will find some.” John 21:6 (NIV)

**2. “Remember.”**

“After I looked things over, I stood up and said to the nobles, the officials and the rest of the people, “Don’t be afraid of them. Remember the Lord, who is great and awesome. . .” Nehemiah 4:14 (NIV)

“Remember therefore from where you have fallen; repent, and do the works you did at first.” Revelation 2:5 (ESV)

**3. “Resist.”**

“After I looked things over, I stood up and said to the nobles, the officials and the rest of the people, “Don’t be afraid of them. Remember the Lord, who is great and awesome, and **fight** for your families, your sons and your daughters, your wives and your homes.” Nehemiah 4:14 (NIV)

“Submit yourselves, then, to God. Resist the devil, and he will flee from you.” James 4:7 (NIV)

“Give all your worries and cares to God, for he cares about you. Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith.” 1 Peter 5:7-9 (NLT)

“But the one who stands firm to the end will be saved.”  
Matthew 24:13 (NIV)