

**“When the Going Gets Tough”**  
**Nehemiah 4**  
**Pastor Mark McCormick**

**Causes of Discouragement:**

1. **Ridicule**
2. **Fatigue**
3. **Frustration**
4. **Fear**

**Cures for Discouragement**

1. **Request** God’s help.
2. **Recognize** your priorities.
3. **Remember** who God is