

## For Daily Video Devotionals go to:

<http://unleashinghope.com/weeklymedia/>

**Daily Devotional Code for Week 1 – Recharge Your Batteries: 2WRFEDST**

### **This week's memory verse:**

*“But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” Isaiah 40:31*

### **Monday**

Ray Johnston

### **Tuesday**

Chris Brown

### **Wednesday**

Margaret Feinberg

### **Thursday**

Rene Schlaepfer

### **Friday**

Ray Johnston

### **Saturday**

John Ortberg

### **Saturday**

Curt Harlow

### **2 Bonus Messages:**

Francis Chan

Ray Johnston

50 Days of

# UNLEASHING HOPE

Message by Rick McRostie on Sunday, February 8, 2015

## Recharge Your Batteries

### External factors that cause discouragement:

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*“When Sanballat heard that we were rebuilding the wall he became angry and was greatly incensed and he ridiculed the Jews in the presence of the associates and the army of Samaria and he said ‘What are those feeble Jews doing? Will they restore their wall? Will they offer sacrifices? Will they finish in a day? Can they bring stones back to life from those heaps of rubble burned as they are?’ Tobiah the Ammonite who was by his side said, ‘What are they building? Even if a fox climbed upon it, he would break down their wall of stones.’” Nehemiah 4:1-3*

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*“But when Sanballat, Tobiah, the Arabs, the Ammonites and the men of Ashdod heard that the repairs to Jerusalem’s walls had gone ahead and that the gaps were being closed, they were very angry. They all plotted together to come and fight against Jerusalem and stir up trouble against it.” Nehemiah 4:7-8*

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*“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.’ Then the Jews who lived near them came and told us ten times over, ‘Wherever you turn, they will attack us.’” Nehemiah 4:11-12 (also see Nehemiah 6:5-7)*



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## **Internal factors that cause discouragement:**

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### **“strength... giving out”**

*“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. Also our enemies said... they will attack us.’”*  
Nehemiah 4:10-12

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### **“so much rubble”**

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### **“we cannot rebuild”**

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### **“enemies will attack us”**

## **Recharging My Batteries and Defeating Discouragement:**

### **Refocus**

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*“Hear us, O our God, for we are despised. Turn their insults back on their own heads. Give them over as plunder in a land of captivity.”*  
Nehemiah 4:4

*“But we prayed to our God and posted a guard day and night to meet this threat.”* Nehemiah 4:9

*“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”*  
Mark 1:35

*“One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.”* Luke 6:12

*“But Jesus often withdrew to lonely places and prayed.”* Luke 5:16

*“It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.”* Psalm 127:2 (NLT)

### **Remember**

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*“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 4:14a

*“I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe. That power is like the working of his mighty strength, which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms.”*  
Ephesians 1:18-20

*“So the wall was completed on the twenty-fifth of Elul, in fifty-two days. When all our enemies heard about this, all the surrounding nations were afraid and lost their self-confidence, because they realized that this work had been done with the help of our God.”*  
Nehemiah 6:15-16 (NIV)