

# REBUILDING

DOING WHAT ONLY YOU CAN

## WEEK 1: NEHEMIAH 1

The words of Nehemiah son of Hakaliah:

In the month of Kislev in the twentieth year, while I was in the citadel of Susa, 2 Hanani, one of my brothers, came from Judah with some other men, and I questioned them about the Jewish remnant that had survived the exile, and also about Jerusalem.

3 They said to me, “Those who survived the exile and are back in the province are in great trouble and disgrace. The wall of Jerusalem is broken down, and its gates have been burned with fire.”

4 When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven. 5 Then I said:

“Lord, the God of heaven, the great and awesome God, who keeps his covenant of love with those who love him and keep his commandments, 6 let your ear be attentive and your eyes open to hear the prayer your servant is praying before you day and night for your servants, the people of Israel. I confess the sins we Israelites, including myself and my father’s family, have committed against you. 7 We have acted very wickedly toward you. We have not obeyed the commands, decrees and laws you gave your servant Moses.

8 “Remember the instruction you gave your servant Moses, saying, ‘If you are unfaithful, I will scatter you among the nations, 9 but if you return to me and obey my commands, then even if your exiled people are at the farthest horizon, I will gather them from there and bring them to the place I have chosen as a dwelling for my Name.’

10 “They are your servants and your people, whom you redeemed by your great strength and your mighty hand. 11 Lord, let your ear be attentive to the prayer of this your servant and to the prayer of your servants who delight in revering your name. Give your servant success today by granting him favor in the presence of this man.”

I was cupbearer to the king.

**SCRIPTURE MEDITATION + OBSERVATIONS**

Read **Nehemiah 1:1-11** and record observations.

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**“BIG IDEA”**

In your own words, summarize the passage's main idea in a sentence or two.

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**NEXT STEPS**

How does this apply to your life? Make it personal, specific, and practical! Avoid factual statements. Record a specific action step and prayer, asking God for the power to walk in obedience.

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**CHRIST IN FOCUS**

List any Christ-like practices and examples that you see in this passage. \_\_\_\_\_

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How does focusing on Jesus, following His example, and relying on His power help you to take the next step in what He is calling you to do? \_\_\_\_\_

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**GOING DEEPER**

Review and answer on your own, then bring with you to Small Group.

- ① What does it mean to have a “burden” for something? How does it relate to finding your purpose? How do you discern whether a burden you feel is from God or from other influences?
- ② Discuss Nehemiah’s model of prayer – what stands out to you? What is YOUR model of prayer? Are there similarities / differences? How do you navigate the tension between feeling overwhelmed by a task and trusting in God’s strength to accomplish it?
- ③ What is one thing that breaks your heart and could potentially lead to your vision or purpose? How can we practically support one another in pursuing our visions and responding to the burdens we feel?

