

# Home Group Discussion Guide

## It Always Starts With Pain – Nehemiah 1

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The following questions are designed to help groups explore the message above by challenging participants to consider how God is wanting them to apply it to their lives.

The questions are a **guide** to help lead discussion.

**Please don't feel that all questions need to be asked**, instead respond to the needs of your group. If you have new people in your group, take the opportunity to introduce each other and clarify any expectations that are present in your group (such as confidentiality).

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### GETTING STARTED

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1. Have you witnessed or been part of a time of rebuilding? What was it like?
2. What was the main challenge or idea that stood out to you from the message on Sunday?

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### REFLECTING ON THE MESSAGE

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#### Key Scripture: *Nehemiah 1*

1. What does it look like for us to rebuild something from a place of suffering?  
(Read *Nehemiah 1:1-2*)
  2. Can you relate to Nehemiah feeling like a surviving remnant? How?
  3. Nehemiah took the opportunity to ask about the thing causing him pain (the Jewish remnant and exile). Why do so many people avoid asking about things that are painful?
    - a. What does this cause us to miss out on?
- (Read *Nehemiah 1:3-4*)
4. What do you notice about the way Nehemiah responds to the news of Jerusalem?
    - a. What does it look like for us to acknowledge the pain of loss before God?
- (Read *Nehemiah 1:5-9*)
5. What do you notice about Nehemiah's prayer to God?
    - b. Is there anything that stands out to you? Why?

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### RESPONDING TO THE MESSAGE

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1. Can you identify what in your life is God prompting you to rebuild?
2. In what ways do you need to acknowledge the pain of loss before God?
3. As a group, take the opportunity to bring these items before God. These items do not need to be resolved, but sometimes we need to sit before God in the pain trusting in His desire for redemption.

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### OPPORTUNITY FOR PRAYER

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Our Home Groups are the primary place for pastoral care to occur within the Church. We would encourage you to take the opportunity to pray for each other in this space.

