



Rebuilding

LESSONS FROM NEHEMIAH

It Always Starts with **Pain**

Nehemiah 1



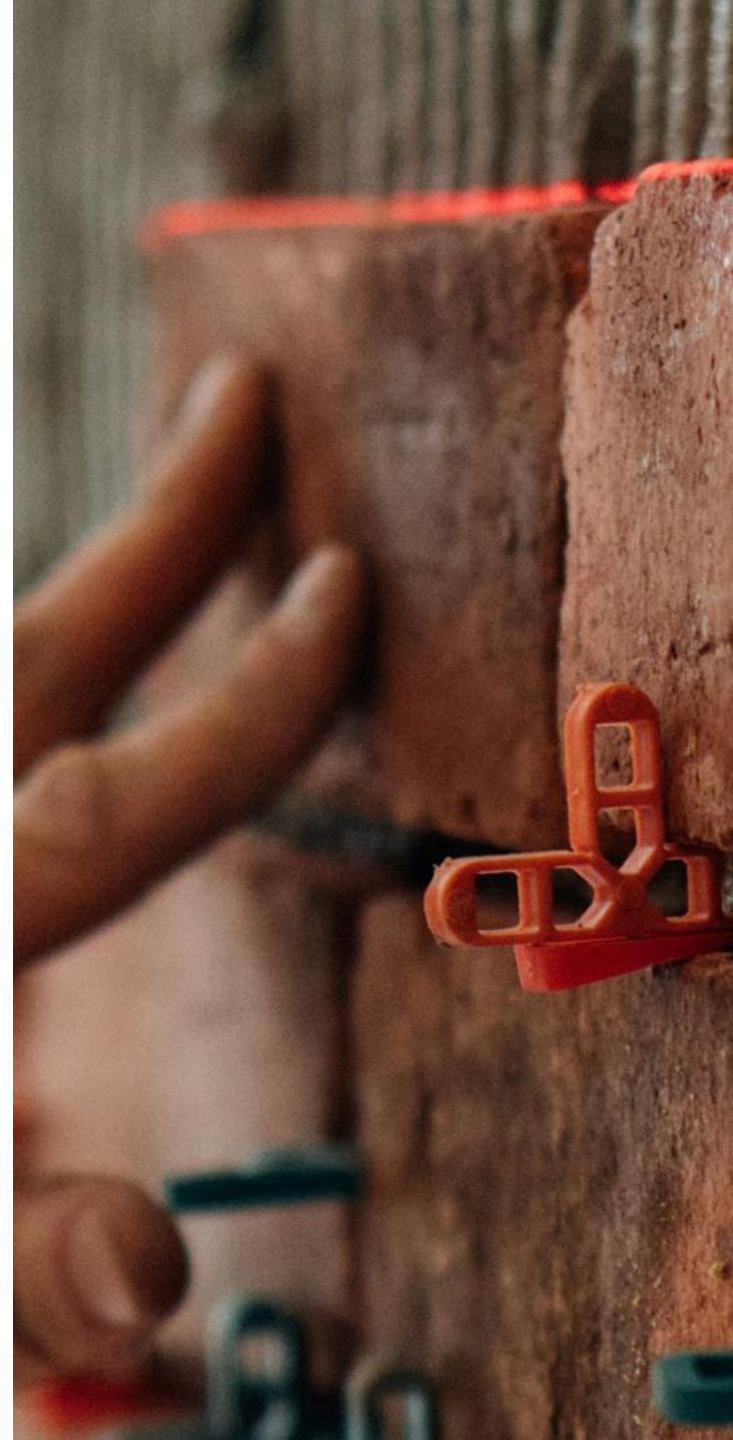
THIS SERIES

What does it look like for us **to rebuild something** from a place of **suffering?**

Nehemiah 1:1-2

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.



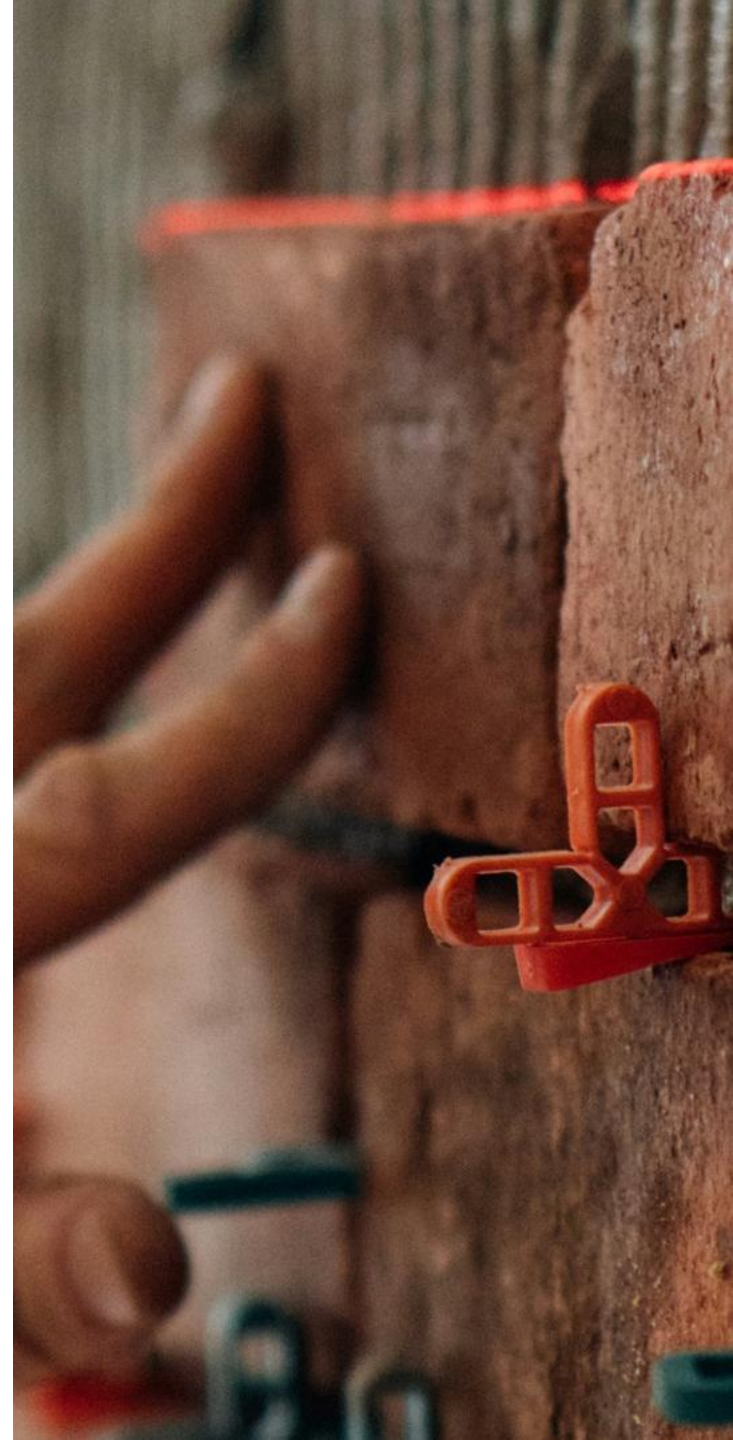


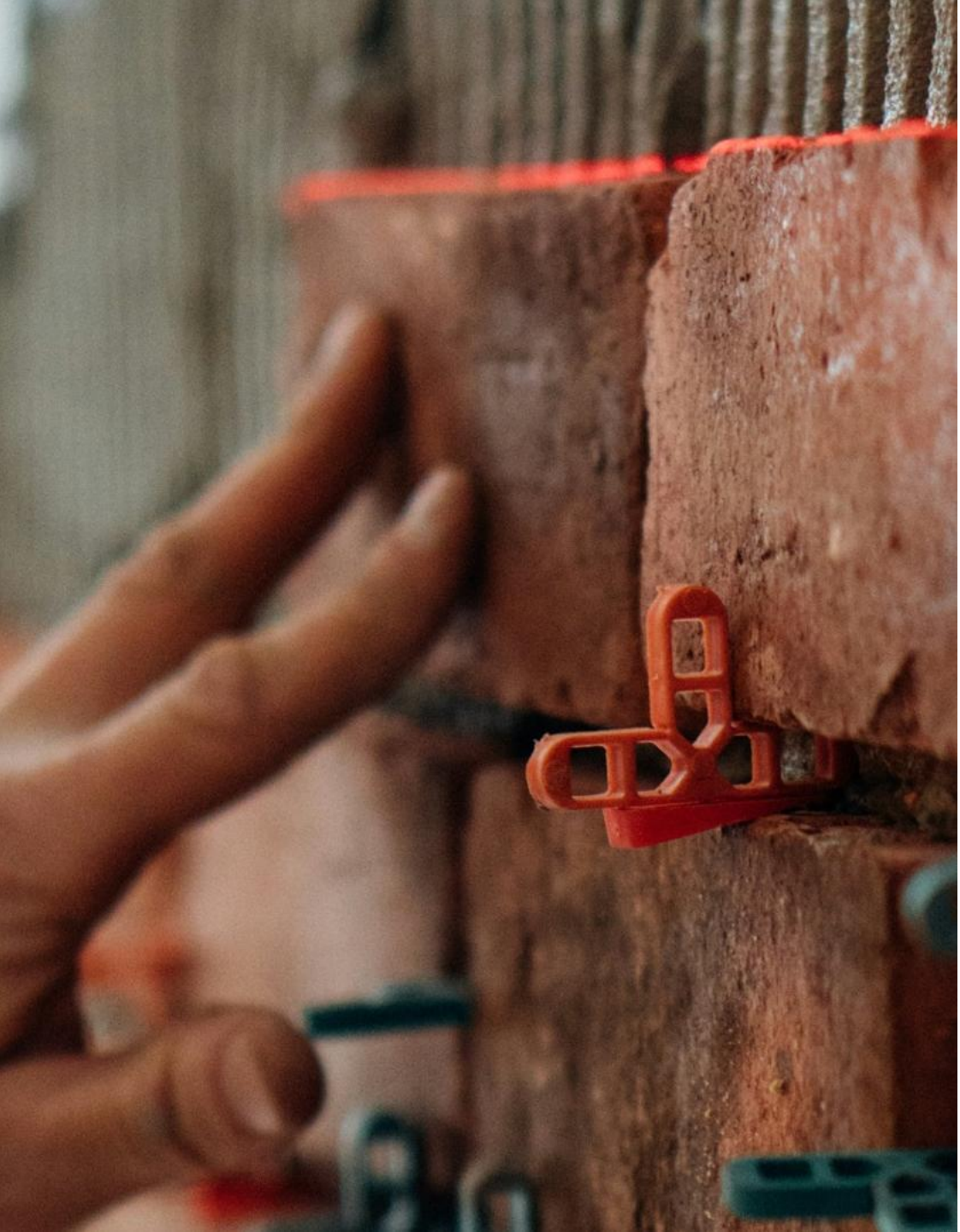
You may feel like a
surviving remnant.

Nehemiah 1:3-4

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.”

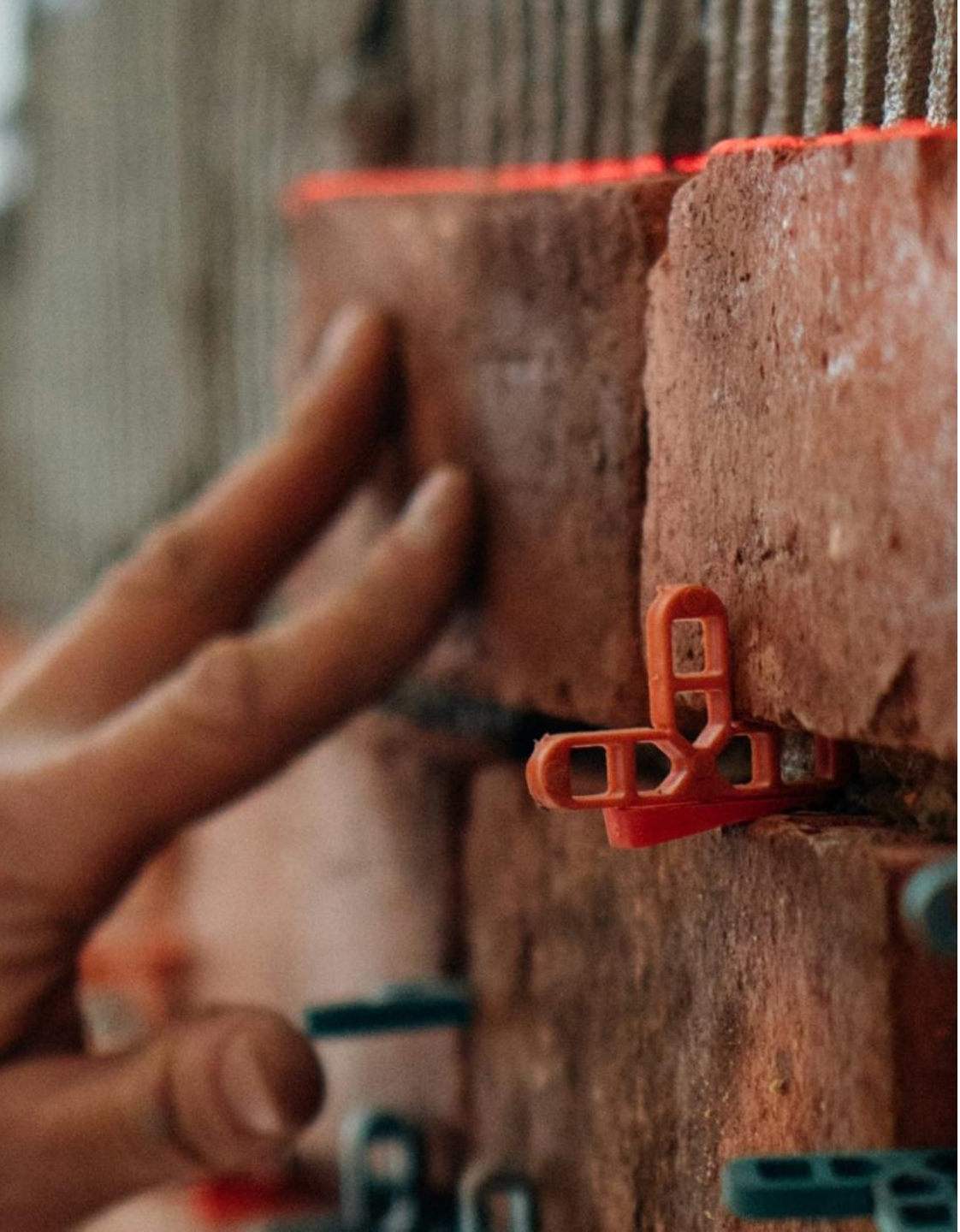
⁴ When I heard these things, I sat down and wept. For some days I **mourned** and **fasted** and **prayed** before the God of heaven.





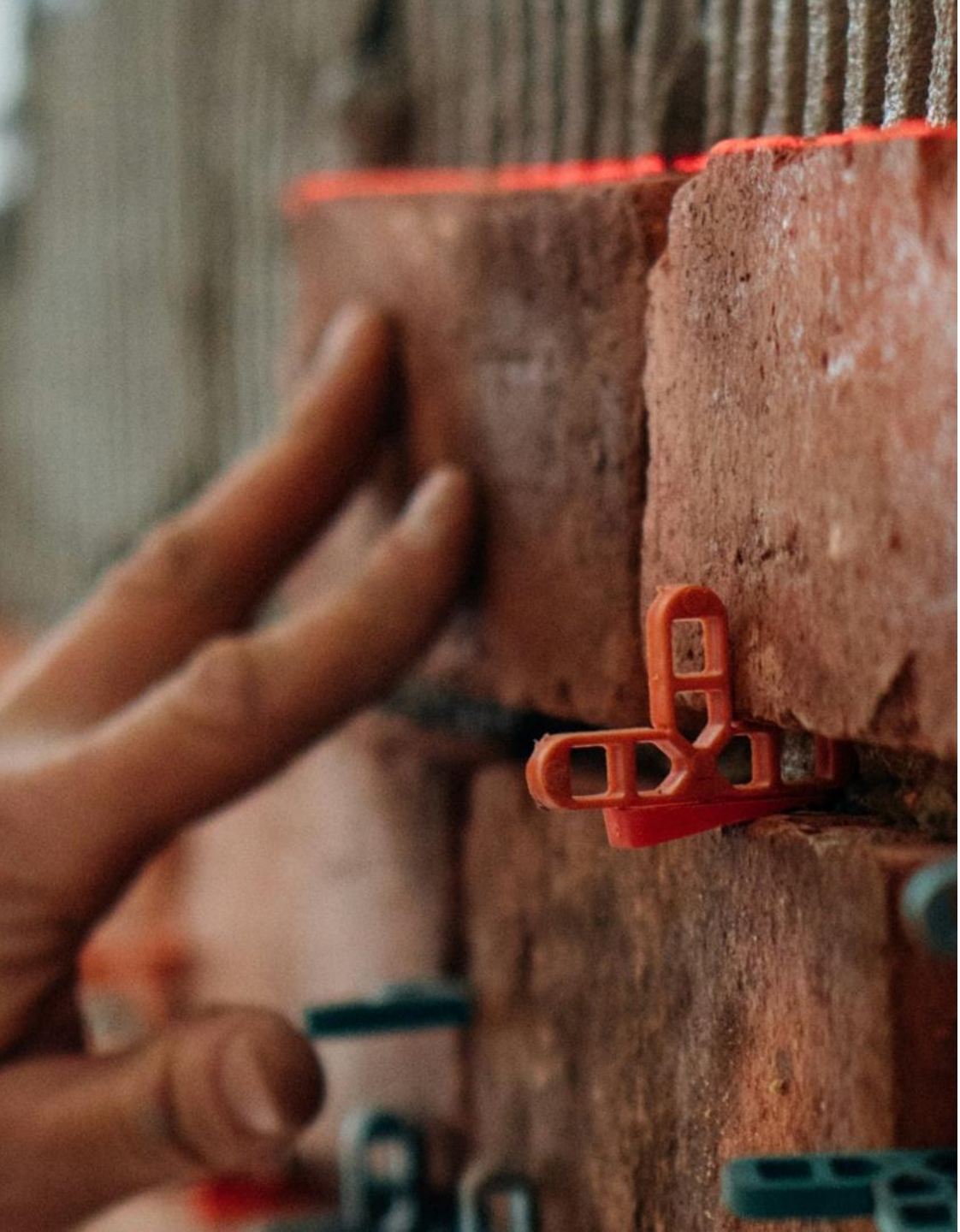
Acknowledging the Pain

1. Mourned – feel the loss



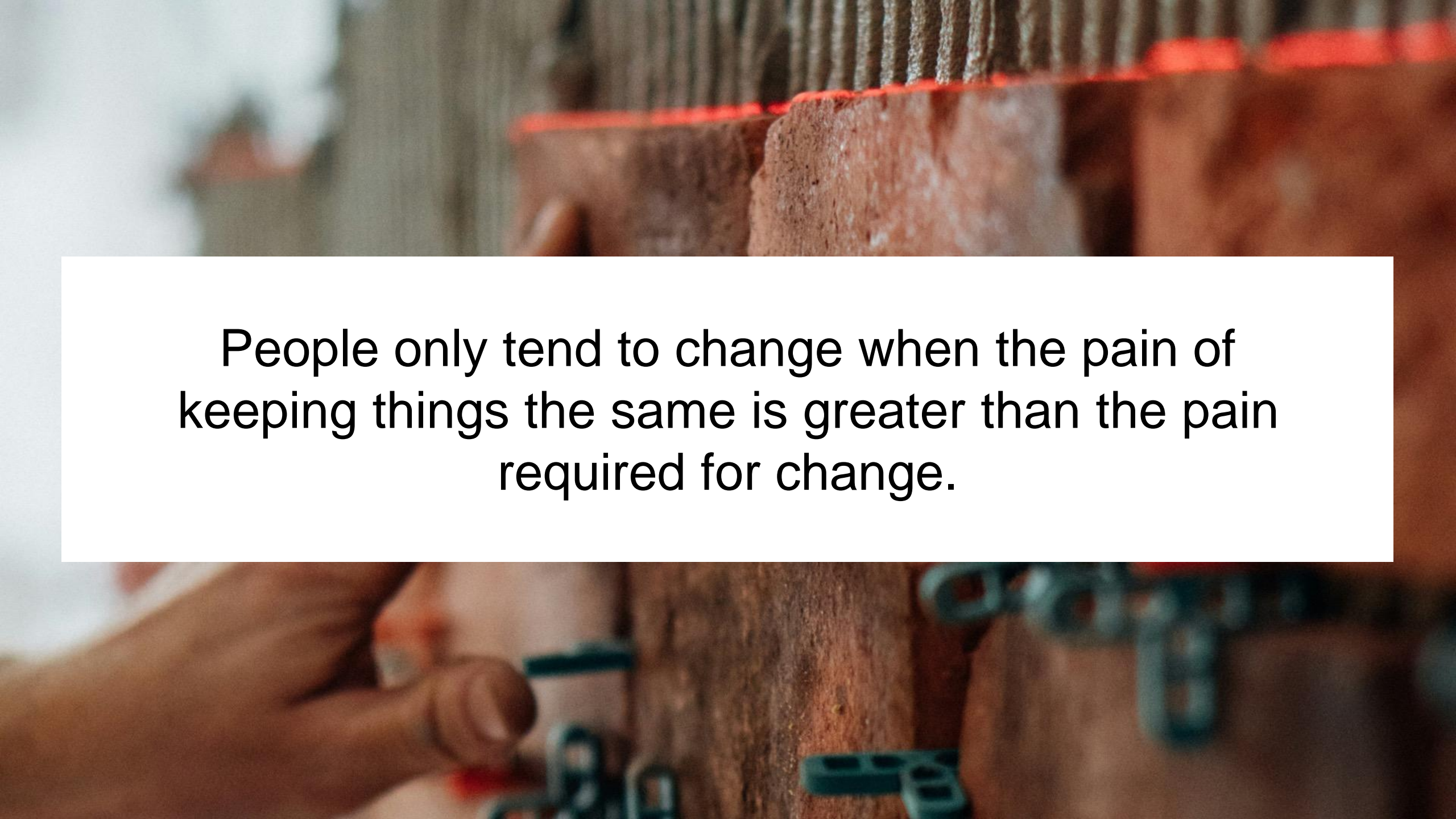
Acknowledging the Pain

- 1. Mourned** – feel the loss
- 2. Fasted** – recognize our limitations and dependence



Acknowledging the Pain

- 1. Mourned** – feel the loss
- 2. Fasted** – recognize our limitations and dependence
- 3. Prayed** – align our heart to God's



People only tend to change when the pain of keeping things the same is greater than the pain required for change.

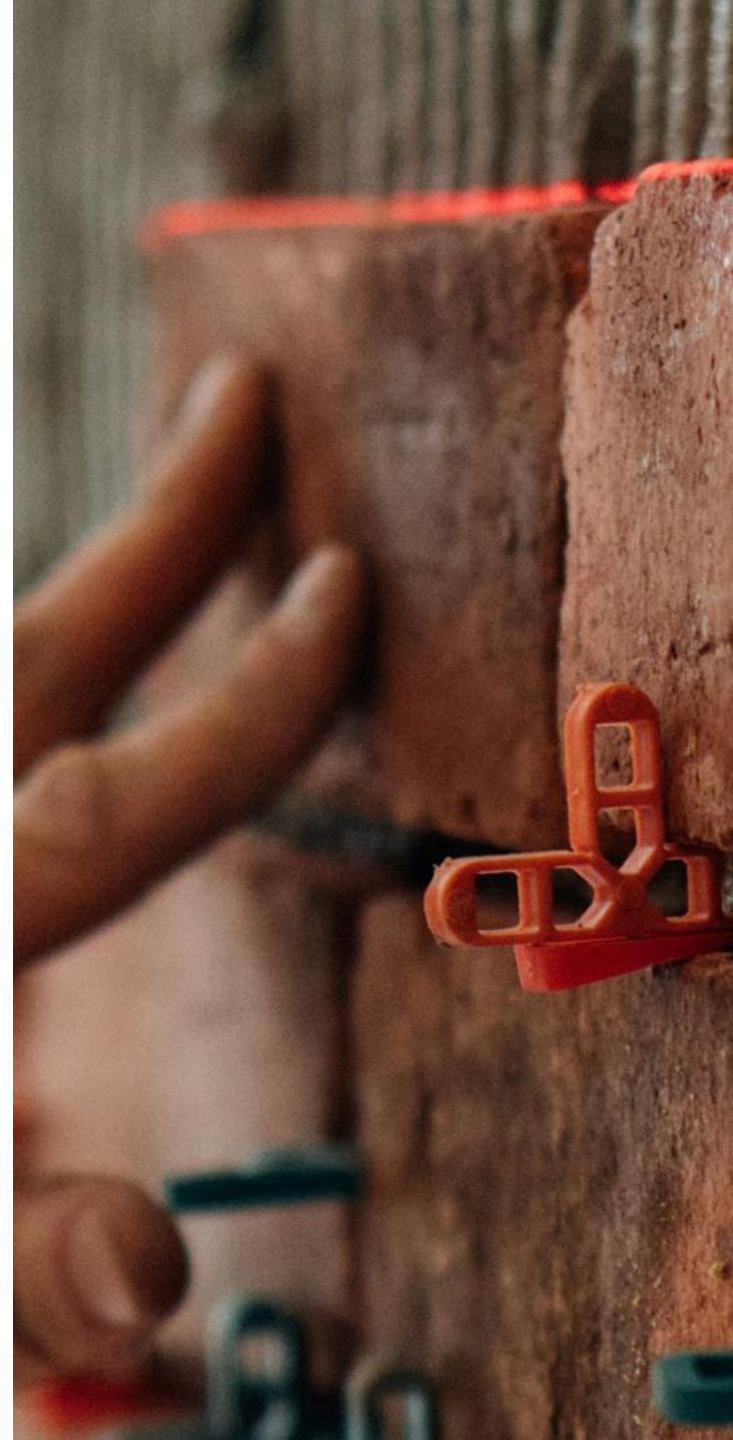


To **REBUILD**: We must **acknowledge** the pain of the past but **not be paralysed** by it.

Nehemiah 1:5-9

⁵ Then I said:

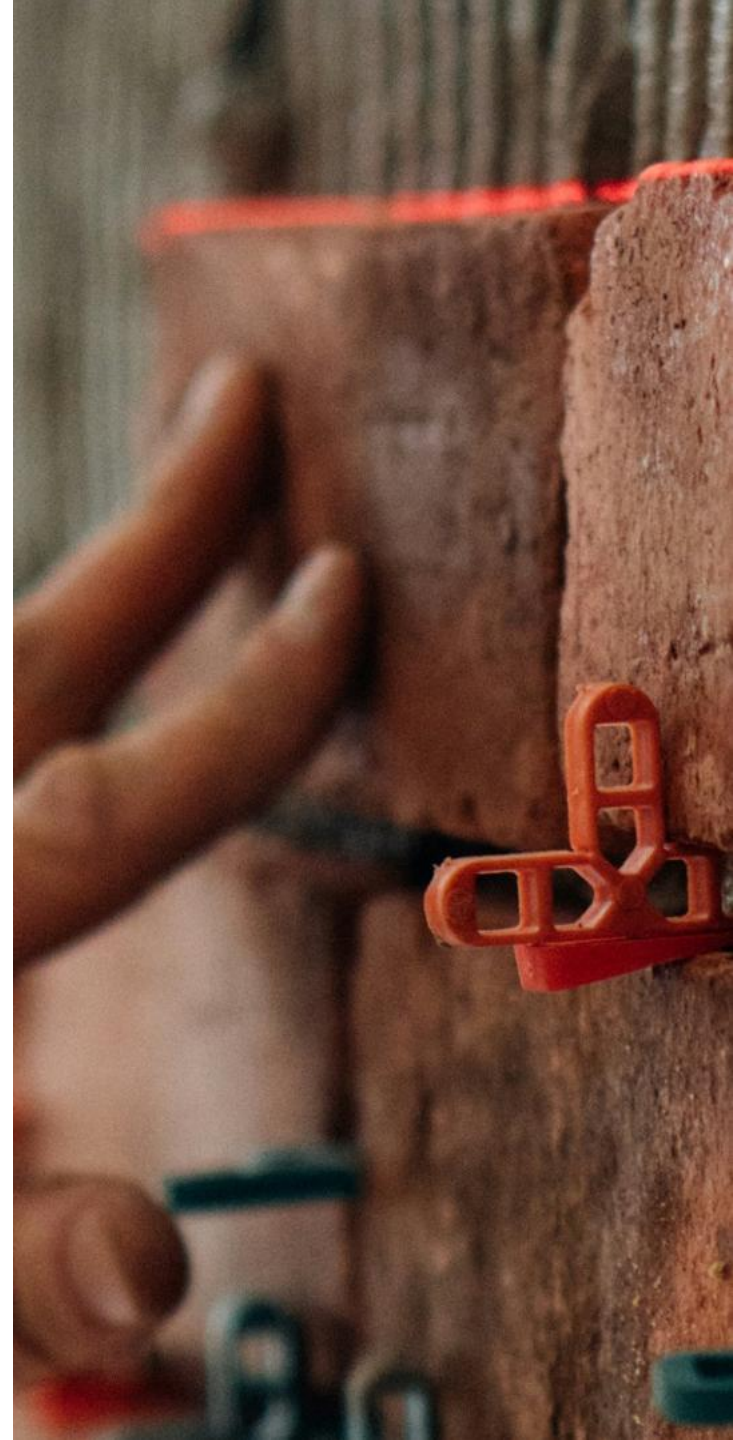
“Lord, the **God of heaven**, the **great and awesome God, who keeps his covenant of love** with those who love him and keep his commandments, ⁶ let your ear be attentive and your eyes open to hear the prayer your servant is praying before you day and night for your servants, the people of Israel. **I confess the sins we Israelites, including myself and my father’s family, have committed against you.**



Nehemiah 1:5-9

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.’





Rebuilding from Pain

1. Declaring God's Character

*“Lord, the God of heaven, the great and awesome God, who keeps his covenant of love...
(v5)*



Rebuilding from Pain

- 1. Declaring God's Character**
- 2. Confession**


I confess the sins we Israelites, including myself and my father's family, have committed against you... (v6)



Rebuilding from Pain

1. Declaring God's Character
2. Confession
3. Claiming the Promises

*...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...** (v9)*

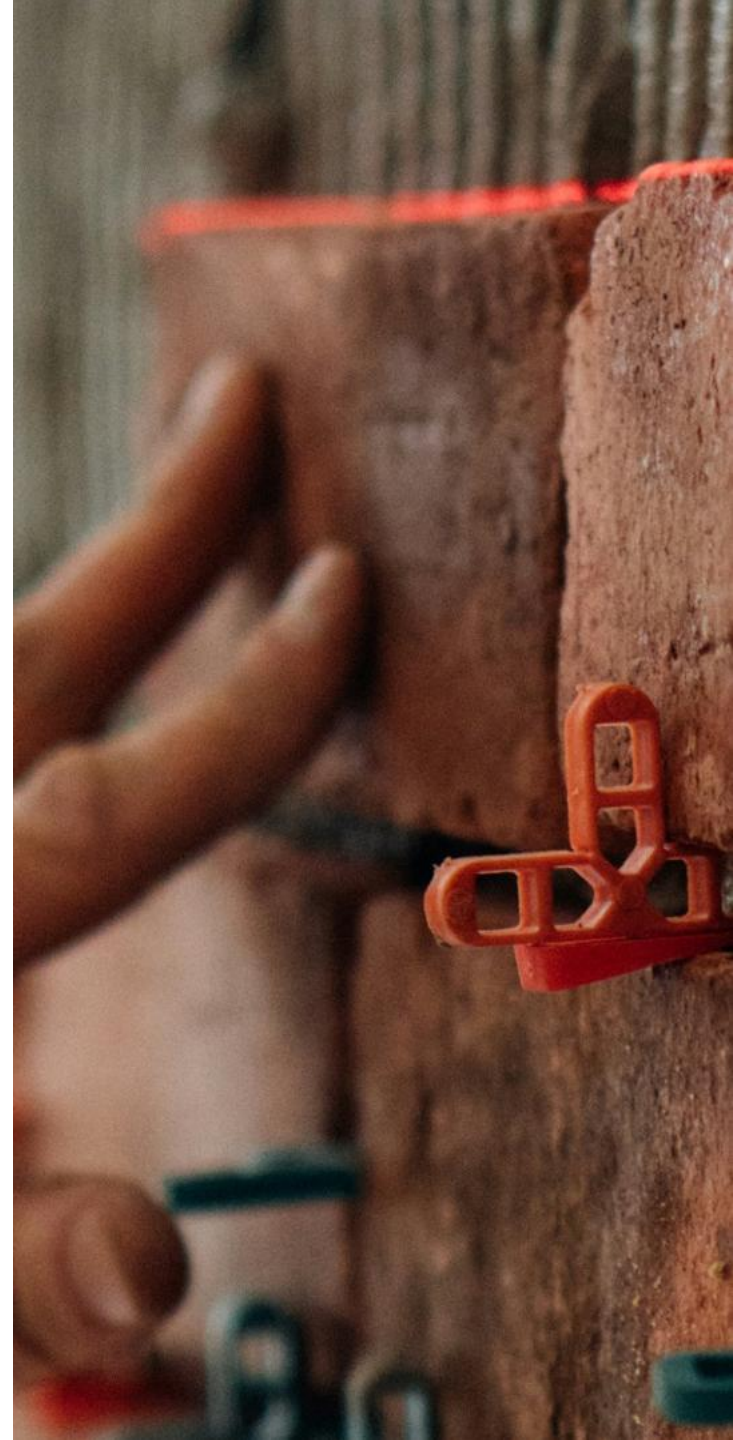


What in your life is God prompting
you to **rebuild**?

Nehemiah 1:10-11

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.



Nehemiah 1:10-11

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Next Week: **Providence**

