

w/b 18<sup>th</sup> November 2018

## ANOTHER BRICK IN THE WALL – THE BOOK OF NEHEMIAH

THEME: THE IMPORTANCE OF PRAYER AND FASTING      PASSAGE: NEHEMIAH CHAPTER 1

### LAUNCH

Think about a major situation or hardship that you faced in your life. How did you respond?

What was impressive about the way in which Nehemiah responded to his crisis?

### DISCOVERY

Why was the situation for the Israelites in Jerusalem so dire?

What are the 'distresses and reproaches' that face our society today?

Have you been challenged to respond to any of them and follow the example of Nehemiah?

If so which and how?

What are the key elements of Nehemiah's praying? Does this help us in how we should be praying and if so how?

Here are some quotes that can be linked to Nehemiah 1

- "Non nobis solum nati sumus." ("Not for ourselves alone are we born.") Cicero
- "Prayer does not change God, but it changes him who prays." Søren Kierkegaard
- "Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to his voice in the depth of our hearts." Mother Teresa
- "Leaders think and talk about the solutions. Followers think and talk about the problems."  
Brian Tracy

What is your reaction to these quotes?

Fasting was also a key element in Nehemiah's response to the tragedy at Jerusalem.

Why is fasting important? In what circumstances should we be fasting?

### APPLICATION

Spend time as a group drawing up a list of things that we should be distressed about. It could be the numbers of people that don't know Christ as their Lord and Saviour. It could be particular groups in our society that are somehow neglected or treated badly. It could be one person's particularly sad situation or set of circumstances

Take time to pray for these situations with an openness to how God may wish you to partner him in doing something about it?

*Prayer quotes provided by an online Navigators study on the book of Nehemiah*