



After reading Nehemiah chapter One & Two. What challenges did you see that Nehemiah had encountered? Remember we all face challenges

For what reasons might we try to hide or bury our emotions from the challenge instead of brain dumping when we face a difficult time? **Nehemiah 1:1-4 and 2:1-3**

What are some consequences or set backs if we refuse to express or let out our emotions?

Name a few good ways we can express our emotions in times of a crisis or challenge.

How can this expression of emotion be healthy for us?

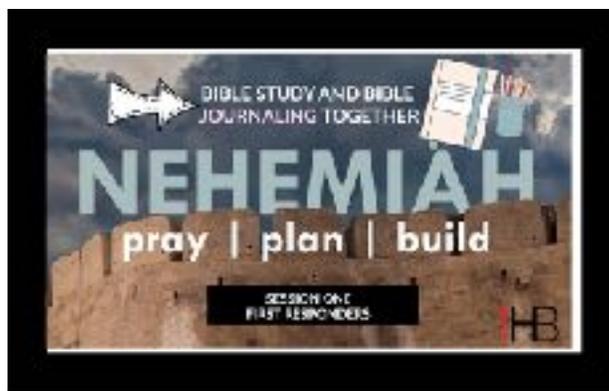
READ Nehemiah 1:5-11

Nehemiah's Prayer

What were some of the Specifics that Nehemiah mentioned in his prayer?

- *How did he see himself?
- *How did he understand God?
- *What did Nehemiah want from God?
- *Was he specific?

Take a moment and write a prayer in the area of a challenge. (Start a Journal for daily brain dumps and prayer) I love mine!



Share one aspect of your prayer with your group that you lifted up to God. What does your prayer reveal about what you understand and feel about God and your circumstance?

Read Nehemiah 2:1-18

Describe some of the content of Nehemiah's plans in the following areas

- * How did he study and assess the situation?
- * How did he communicate with those around him and in the community that was hurt?
- * Did he motivate those around him to take part in the project?
- * Did he make he take his challenge and create a VISION/
- * How did he begin to set the process in motion? Did he talk to people?

Write down some action plans you can take and follow through with this week to help you face the challenge and gain wisdom and strength.

Remember to share each others burdens and help friends make a strategic plan after they prayed. This is how you help them carry burdens. Help them see and create a plan.

How to pray for others:

- * Pray they express their feelings openly to God and others
- * Pray they go to God in prayer
- * Pray they receive the strength from the Holy Spirit so they can face the struggle
- * Teach them to BRAIN DUMP the honest emotion going on inside

