



## SESSION TWO

### Nehemiah 3-4

Why do we lose momentum? Read Nehemiah 4:10,11

What has caused you to lose momentum and why?

**Main Point:** Lead others with a vision that unites and equips.

Nehemiah 3:1–32. “The people work systematically on the walls. The building work is described, and the workers are named, section by section. The point of this account is to show that the people as a whole responded to Nehemiah’s challenge and believed that God would give them success. The description of the work demonstrates the concerted effort of the people.”

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#### **Nehemiah Prayed for the vision and relied on God for help. (Nehemiah 4:1-6)**

The enemy wanted to cause discouragement, chaos and anger. Nehemiah kept his eye on the goal at all times.

***We will always have opposition in this life...***

Have you ever dealt with the anger of others against you?

Have you ever dealt with mockery or sarcasm?

Threats and Intimidation?

Discouragement and Exhaustion?

Negativity from others?

Write out what types of opposition you have experienced.

**Nehemiah created a plan to address problems with a goal (Nehemiah 4:12-13)**

What can you do this week to create a plan to stand firm in your faith and help you stay focused? A life coach? Bible study? Prayer? Listen to a sermon or podcast? Declare your faith out loud.

In verse 13 Nehemiah positioned people to work. How are you positioning yourself to work on rebuilding a dream or goal.

**Nehemiah Respected opposition (Nehemiah 4:9)**

How do you respond when under attack? What did you learn from Nehemiah in this one verse?

How do you post a guard in your personal life? What does it mean to guard your heart spiritually?

***KEY:If you guard our hearts from the issues of life we will handle oppositions in a mature fashion.***

**Nehemiah reminded the people of Gods help in the divine mission (Nehemiah 4:14)**

Have you taken the opportunity to remind others and yourself of what God is doing in the mess?

Nehemiah provided a NEW strategy for victory (Nehemiah 4:15,16,17)  
A rapid change in visual detail can stimulate our mind to process and focus more effectively.  
How can you change your perspective or create a visual to stay focused?

Sometimes we just have to change up the strategy!

**Nehemiah furnished new tools for the workers (Nehemiah 4:17,18)**

We learned that one hand worked and one hand carried a weapon. How are you going to carry your sword this week?

In the video I talked about the sword of the spirit of God. How can this weapon keep us armed during the rebuilding process?

How has it helped you in the past?

**Nehemiah rallied the people together to support each other (Nehemiah 4:19,20)**

Look up Hebrews 10:27 and write this out.

How do you find support to keep up the momentum to stay focused on a goal.

Take time to journal the points that jumped out to you the most in this session