

Arise & Build, #5
A COMMON MAN WITH AN UNCOMMON BURDEN!
October 7–8, 2023 // Sermon Study Guide // Pastor Nate Miller

Text: Nehemiah 1

Truth Points: What truth was covered this weekend in the message?

1. Read Nehemiah 1:1–3. Who is Nehemiah? Where is he? Who does he meet? Why would a news report be a precious thing in Nehemiah’s day and age? What news does he receive from his home country?

2. Read Nehemiah 1:4. Why is this news a problem—especially for an ancient city? What is Nehemiah’s response? Is this burden a good burden, why or why not? How would you define the word *burden*? How do you know if a burden is a good one to bear?

3. Read Nehemiah 1:5. How is Nehemiah’s adoration and reverence for God on display in this opening verse of his prayer? What words does he use to describe God? How does this put Nehemiah’s burden in perspective? How does it put our burdens in perspective?

4. Read Nehemiah 1:6–7. What phrases show you that Nehemiah has moved to confession in his prayer? What is Nehemiah confessing? What is significant about the pronouns Nehemiah uses? Why is confession an important step in prayer? What does confession look like for a follower of Jesus?

5. Read Nehemiah 1:8–9. Why does Nehemiah remind God of the covenant? Did God forget? How is this another way of appealing to the character of God? Why should we remember God’s character when we pray? What difference should it make for us?

6. Read Nehemiah 1:10. How many times does Nehemiah use the second person pronoun? Why does this matter? What is Nehemiah saying about the welfare of the Jewish people? How does this give us confidence as believers?

7. Read Nehemiah 1:11. What is Nehemiah’s request? Who is “this man”? How does this position present both an advantage and a risk for Nehemiah?

Reflection Points: How does God want me to think, feel, act, and speak because of this truth?

1. What burdens do you bear? Am I burdened by the right things? If I take an inventory of the things that are weighing on my heart, would those things reflect the heart of God? OR do those things reflect an earthly mindset?

2. When I have a burden, is prayer my first response? Or is it my last response? Do I resort to complaining or criticizing? Or do I bring those burdens to God? How can I remind myself to quickly bring my burdens to God?

Action Points: What am I going to do this week because of this truth?

1. **Memorize:** Romans 8:26–27.

2. **Practice:** When faced with a burden: Stop. Drop. And pray. Stop right away. Drop what you’re doing. Pray and seek God.

3. **Share the Story:** Call a friend and offer to pray with them about a burden that they face.