

Nehemiah 1:4-11: Repentance in Action

Nehemiah's posture v.4 Repentance begins with conviction

1. Sat down and wept and mourned for days
2. Continually fasted and prayed

Why was he broken?

Why did he fast and pray?

According to Whitney, fasting's spiritual purposes include:

- strengthening prayer ([Ezra 8:23](#); [Joel 2:13](#); [Acts 13:3](#))
- seeking God's guidance ([Judges 20:26](#); [Acts 14:23](#))
- expressing grief ([1 Samuel 31:13](#); [2 Samuel 1:11-12](#))
- seeking deliverance or protection ([2 Chronicles 20:3-4](#); [Ezra 8:21-23](#))
- expressing repentance and returning to God ([1 Samuel 7:6](#); [Jonah 3:5-8](#))
- humbling oneself before God ([1 Kings 21:27-29](#); [Psalm 35:13](#))
- expressing concern for the work of God ([Nehemiah 1:3-4](#); [Daniel 9:3](#))
- ministering to the needs of others ([Isaiah 58:3-7](#))
- overcoming temptation and dedicating yourself to God ([Matthew 4:1-11](#))
- expressing love and worship to God ([Luke 2:37](#))

<https://www.desiringgod.org/articles/sharpen-your-affections-with-fasting>

Nehemiah's Prayer v.5-11a.

1. A prayer of praise v.5
 1. Who God is... an all powerful sovereign
 2. What he does... He keeps promises
2. A plea to listen v.6a
3. A prayer of repentance 6b-7
4. A plea to remember v.8-11

Nehemiah's Position v.11b Repentance involves prayer but never ends there it leads to action.

God sovereignly placed Nehemiah in a trusted role with the King who had the authority and the resources to help rebuild Jerusalem as part of God's bigger plan to keep His promise to Israel.

A man with a burden in a position to do something took action.

Connect this with Deuteronomy 4:25-31 and 30:1-10 particularly verse 6.

Nehemiah is part of God's plan to fulfill Deut. 4:29 which is an image of Jesus who fulfills God's promise in Deut. 30:6 cf. Romans 2:25-29 and Colossians 2:11-15

God ultimately fulfills His promise in the New Covenant whereby we get a new heart so that we will love and reflect God in the earth.

For Missional Community Groups:

Spend time reading and discussing Deuteronomy 4 and Deuteronomy 30 in connection with Nehemiah's prayer.

Choose a day this week to set aside for prayer and fasting for specific reasons appealing to God's work according to God's promises.

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