

Rebuilding

An Introduction to Nehemiah

I. **A Glance** _____
Nehemiah 1:1–4; 2 Chronicles 36:18; 36:20; Psalm 137:4

II. **A Glance** _____
Nehemiah 1:3–4; 2:11

III. **A Glance** _____

For Your Family

Read together Nehemiah 1:1–4

Explain that the people of Israel had been defeated by an enemy nation and had been taken away from their land. Later, they had been allowed to return, and had started to rebuild their home town of Jerusalem. But they had run into some trouble.

Some people traveled from Jerusalem to where Nehemiah was. He asked them how things were going there. They told him that there was trouble in Jerusalem.

Review together Nehemiah's reaction:

He wept and mourned for days.

He fasted and prayed before God.

Talk together about Nehemiah's reaction.

Can you think of a time when you wept and mourned for days?

What would be so upsetting that you would do that?

Why do you think Nehemiah did that?

Have you ever fasted?

Explain that fasting is going without food so you can focus on praying to God about whatever is going on.

Explain that Nehemiah had an important position where he lived. Things were pretty good for him. Yet when he heard that God's people were in trouble, he wept and fasted and prayed to God for days.

Talk together about how important it is to think about other people and not just ourselves. Things may be going well for us, but it might not be so good for others. Even though Nehemiah was fine where he was, he became sad when he heard that the people of God were in trouble.

Pray together that you will be aware of other people, and will be concerned for them, just as you are for yourself. If you know of someone in trouble, pray for them as you would for yourself.

Next Week: Nehemiah's Prayer