

WE STAND AGAIN

When Something Breaks Your Heart

Nehemiah 1 | April 12, 2026

KEY DEFINITIONS

Exile is living in the displacement of what was lost and what is not yet, held by a God who has not forgotten where we belong.

Liminal space is the disorienting experience between what was and what's next; where the old normal is gone, but the new one hasn't arrived.

Exile is where we are. Liminal space is what it feels like to be there.

SETTING UP NEHEMIAH

- » In 586 BC, Babylon besieged and decimated the city of Jerusalem, taking many Jews captive. Later, Persia overtook the Babylonians.
- » Esther helped preserve. Ezra helped reform. Nehemiah helped rebuild.
- » Nehemiah's name means "The Lord Comforts."

The Broken Wall: (Nehemiah 1:1-3) A wall in rubble slowly convinces people that broken is normal.

The Response: (Nehemiah 1:4) Rebuilding begins when we allow ourselves to feel the weight of what is broken.

The Application: What we don't name, we can't surrender. What we don't surrender, God can't rebuild.

The Conclusion: (Nehemiah 1:11) Even in the rubble, we have access to the Most High King.

Rock Exercise: Write down what feels broken and what you want the Lord to rebuild.

ANNOUNCEMENTS:

Women's Bible Study begins on April 14 (PM) & April 16 (AM)

WCC Moms: Craft Night on April 15 at 6:00 PM

VBS Sneak Peek Sunday on April 19

Blood Drive on May 4 at Noon

Download our WCCChurch app or scan the QR code for more info or to sign up!



STUDY QUESTIONS

GETTING STARTED:

What's something in your home that's been broken for so long you've gotten used to it? (A drawer that sticks, a light that doesn't work, etc.)

A DEEPER DIVE:

Read Nehemiah 1

- » In 586 BC, Babylon conquered Jerusalem, destroyed the temple, and took God's people into exile. What does it mean that the Israelites lost not just their city, but their identity as God's people? How does understanding that history help you connect with Nehemiah's grief?
- » Nehemiah asked about others even while he was safe and comfortable in the Persian citadel. What keeps us from looking beyond our own circumstances to check on the hearts of those around us, and how can we cultivate this kind of empathy?
- » Nehemiah sat with his pain for days through mourning, fasting, and prayer rather than rushing to action. How might our tendency to immediately solve problems or distract ourselves prevent us from experiencing the spiritual depth that comes from sitting with difficult emotions?
- » The sermon emphasizes that 'what we don't name, we can't surrender' and 'what we don't surrender, God can't rebuild.' Why is naming our pain and brokenness such a crucial first step in the healing and rebuilding process?
- » The sermon states that 'a wall in rubble slowly convinces people that broken is normal.' What spiritual disciplines or practices can help us resist accepting brokenness as the permanent state of our lives?
- » Nehemiah ended his prayer by noting he was cupbearer to the king, indicating his proximity and access to someone who could help. How does recognizing your access to the Most High King change your perspective on the seemingly impossible situations you face?

NEXT STEPS:

The big idea this week is: What we don't name, we can't surrender. What we don't surrender, God can't rebuild. What is one thing you need to name before God this week? If you shared in the rock exercise during worship and feel comfortable, share what you wrote down.