

WALLS AND WELLS

Nehemiah's Journey of Restoration

WEEK 1

The Burden That Moves You

September 13 · Nehemiah 1:1–11; 2:1–10

Discipleship questions for table groups, huddles, or one-on-one conversations.

- 1** When's the last time news about something broken — in your city, your family, the world — actually made you stop and grieve instead of scroll past?
- 2** Nehemiah prayed for four months before he acted. Where in your life are you rushing past prayer straight to action — or stuck in prayer and avoiding the action God is calling you to?
- 3** Nehemiah's prayer moves from praise, to honest confession using “we” instead of “they,” to remembering God's promises, to one specific request. Try praying in that order this week — what does it reveal in you?
- 4** What is your “cupbearer access” — the position, relationships, or resources God has already placed you in that could be part of His answer to a need you see?
- 5** Is there a burden you've been carrying that requires a courageous, specific ask of God or someone else? What is that ask, and what's been stopping you from making it?