Reflection Questions: Do I pray? Am I praying more this year than last year? Am I willing to be used of God to meet the needs I'm praying about? How can I improve my prayer life this week?

How can we pray for one another this week?

Quotes to Ponder

When we verbalize to God what He has promised us, we are demonstrating to Him that we actually know what He has said, and we believe it.

Gene Getz

Recognition of need must be followed by earnest, persistent waiting upon God until the overwhelming sense of world need becomes a specific burden in my soul for one particular piece of work which God would have me do.

Alan Redpath

The Lord is the Specialist we need for those uncrossable and impossible experiences. He delights in accomplishing what we cannot pull off.

But He awaits our cry. He listens for our request. Nehemiah was quick to call for help. His favorite position when faced with problems was the kneeling position.

Charles Swindoll

The self-sufficient do not pray; they merely talk to themselves. The self-satisfied will not pray; they have no knowledge of their need. The self-righteous cannot pray; they have no basis on which to approach God.

Cyril J. Barber

Prayer is the spontaneous response of the believing heart to God. Those truly transformed by Jesus Christ find themselves lost in the wonder and joy of communion with Him. Prayer is as natural for the Christian as breathing.

John MacArthur

Nehemiah was a man of prayer and he had an instinct of prayer because he had a life of prayer.

Derek W.H. Thomas

Prayer may not always change our circumstances, but it always changes us. Through prayer, God grants us His peace to face any situation we are in.

Max Lucado



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1. What in the text/sermon impacted you most? Encouraged you? Convicted you? Challenged you? Confused you?	10. What character traits in Nehemiah's life should we emulate? Why?
2. When you hear upsetting news about those you love, what is your first reaction/response? Why?	11. What events transpired to present Nehemiah the opportunity to speak to the king about his concern for his people (<i>Nehemiah 2:1-4</i>)?
3. Why did Nehemiah question Hanani about Jerusalem (Nehemiah 1:2)?	12. What was Nehemiah's frame of mind at the beginning of chapter 2 and why did the king's question terrify him?
4. What did Nehemiah do in reaction/response to the update about the people in Jerusalem? Why?	13. What was Nehemiah's first response in his fear (Nehemiah 2:4)?
5. How is God described in Nehemiah's prayer (Nehemiah 1:5-11)?	Why was this his first response?
What promises of God does he mention?	14. Who received the credit for enlisting King Artaxerxes to help Nehemiah ah (Nehemiah 2:8)?
6. What does Nehemiah's prayer reveal about his view of himself? Of God?	Why did Nehemiah credit God, rather than the king, for the kindness shown to him?
7. Based on Nehemiah's prayer (<i>Nehemiah 1:5-11</i>), list several ingredients of effective prayer.	Read <i>Genesis 39:2-4</i> . Who is ultimately behind any and all of our successes?
8. Read <i>Micah 6:8</i> . In what ways does Nehemiah meet the criteria of man who walks with God?	15. What were some of the concrete ways Nehemiah demonstrated his dependence on God? What are some specific ways we can better trust God this week?
9. Read Acts 13:2 and 14:23. What is the purpose of fasting and when is it appropriate to do so?	16. With all the overwhelming needs in the world around us, how can we know where God wants us to focus our efforts? Explain.