



5-Day Nehemiah Fast: July 28-July 31

Fast type: Denial (No Food 7 – 3PM)

Prayer & Devotional Time: 7 AM

Day 1 (July 28th): Read Nehemiah

Nehemiah 1 not only introduces our protagonist, Nehemiah, a cupbearer for the Persian King, but it also informs us of the condition of Jerusalem after the Jewish exile. The city itself was in disarray as well as those who had returned home. This news troubled Nehemiah which prompted him to fast and pray for his people.

The Covid-19 pandemic forced God's people to leave the four walls of the church. During this season many have seen their families, finances and faith decimated. Like Nehemiah, as we return to in-person worship it's important that we also fast and pray, seeking the Almighty so we might repent, and for God to bring us back stronger and better than when we left.

Devotional Questions:

1. Fasting must start with confession of one's sins. What sins do you need to personally repent for?
2. What are you praying for God to rebuild and restore in your life? Make a list and take it to God in prayer.

Day 2 (July 29th): Read Nehemiah 2

Nehemiah prayed, waited, and then acted. Nehemiah didn't just pray and ask God to supernaturally rebuild the city. Instead he allowed God to use him to change a community. Nehemiah understood that God had positioned him to exert his influence as the King's cupbearer to help the inhabitants of Jerusalem. His courage was rewarded when the King agreed to provide Nehemiah with what was desperately needed to rebuild Jerusalem.

Proverbs 16:3 tells us that committed believers' plans are established by the Lord. During this pandemic we have had lots of time to reflect, pray and plan. However, prayers without action lack faith. So, stop waiting for others to do what you know God has called you to do in the Kingdom. Remember if it's a God plan, God will open doors and provide resources. However, it takes an act of faith on our part. Moving forward requires courage and trust that God will walk with and before you.

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Devotional Questions:

1. What does your heart say you should be doing?
2. What keeps you from moving forward. Determine what it is, push it aside, and watch God make ways out of no way!

Day 3 (July 30th): Read Nehemiah 3

Nehemiah 3 is about alliances and team building. After Nehemiah requested support and resources from King Artaxerxes to rebuild Jerusalem, later he recruited Jews, priests, nobles, and officials in Jerusalem to join him in rebuilding the city in chapter 2. Chapter 3 is a list of 43 different groups that helped to rebuild the wall. It's a great reminder that everyone can tribute to kingdom success. Everyone has something to offer.

God often gives us tasks that cannot be accomplished alone. Instead, they take a team approach. You don't have to bear the brunt or burden alone. As you seek to improve your church, your marriage, family, finances, or an organization, know that it may require additional support and assistance. As we return to in-person worship, God is looking for everyone to do their part. Remember God has given you a passion, skill, and a gift for you to use in concert with others for rebuilding of the Kingdom. Don't be ashamed to seek assistance from others.

Devotional Questions:

1. What unique gifts and talents has God given you to use?
2. How and where can you use them to build the church?

Day 4 (July 31st): Read Nehemiah 4

Nehemiah 4 teaches us three powerful lessons. First, vision is not ever devoid of opposers. Sanballat, Tobiah and their friends ridiculed and hated on the efforts of the Jews rebuilding the wall. Second, listen to learn. Nehemiah and others heard the negative reports and rumors from their opposers, as a result they prepared for an attack. Third, anything worth having is worth fighting for. As the people continued rebuilding everyone carried swords; some even worked with a tool in one hand and a weapon in the other. While others had a guard to protect them as they rebuilt the wall.

God never promised us a life free of opposition. However, Jesus offered his disciples hope in moments of distress in John 16:3. This hope doesn't mean we should allow our opposers to attack without fighting back. Remember we don't fight with rumors, fists, or bullets (2nd Cor. 10:4). As we return to the physical sanctuary prepare yourself now to face opposition. However if you listen, learn, and fight back with your spiritual weapons, God will give you the victory.

Devotional Questions:

1. What spiritual opposition are you currently facing?
2. Our weapon in spiritual warfare is scripture. What scriptures will you use to fight the opposition you're currently facing?

Day 5 (August 1st): Read Nehemiah 5

Some Jews in Nehemiah 5 refused to give toward the rebuilding of the wall. Despite benefiting from the rebuild the wall they decided to focus on own prosperity and not the communities. In addition, the famine and scarcity caused people to trust what they could count more than what God would provide. Nehemiah also learned that other Jews charged their own people interest leading them into further debt. Nehemiah addressed the peoples lack generosity and fear, which prompted the people to stop being greedy and many to even give the interested they received back.

Generosity and integrity are key traits of a disciple of Christ (Proverbs 11:25). Being greedy and stingy don't work in the end. God is generous in nature, and we are called to also be generous. Integrity whether it be financial, relational, or verbal, is a must. Your integrity or lack thereof reflects on God, the church, your family and beyond. Don't be like the Jews in Neh. 5. When you return to the Sanctuary do so with an attitude of gratitude and watch God bless you your imagination.

Devotional Questions:

1. If we asked God would God say you're greedy or generous?
2. Are you a tither? If, not pray and ask God to give you integrity and a heart to give to the church as Malachi 3:8-10 commands.



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