



## **“How To Rebuild A Life” Nehemiah 1:1-11**

**July 21, 2019**

**Pastor Bear Clifton**  
*trainyourselfministry.com*

### **Background To Nehemiah**

1. What is the theme of the book of Nehemiah?

**It's about taking a life that is \_\_\_\_\_ and turning it into something \_\_\_\_\_ and \_\_\_\_\_.**

2. Details about the background of Nehemiah:

3. Who is Nehemiah?

### **3 Attitudes You Must Have In Place Before You Can Rebuild Your Life (Or Church)**

**Attitude #1: We must first have an attitude of \_\_\_\_\_**

1. What do we mean by this?

2. How do we find it?

Holy discontent comes when we begin asking  
\_\_\_\_\_ about our lives.

3. Did Nehemiah have to ask these questions? What could he have done instead?

**Attitude #2: We must be willing to grow in personal \_\_\_\_\_ & \_\_\_\_\_.**

“The one quality which sets one man apart from another, the key which lifts you from aspiration to achievement, is not talent, nor formal education, nor intellectual brightness, but self-discipline.” ~ Theodore Roosevelt

1. What is fasting? How does it show Nehemiah’s discipline?

2. If I choose not to work at changing my life, God won’t allow me to wallow in the misery I’ve chosen, will he?

**Attitude #3: Look to God for his \_\_\_\_\_ and \_\_\_\_\_ each step of the way.**

“Continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act according to his good purpose.”  
Philippians 2:12-13

1. “The Lord helps those who help themselves.” True or false?

2. What 3 truths does Nehemiah confess in his prayer?

a. That he is utterly \_\_\_\_\_ on God.

b. That he is utterly \_\_\_\_\_ & \_\_\_\_\_.

c. That God is powerful enough to rebuild a life when all \_\_\_\_\_ is gone.

3. But what’s the condition? What must I do?