

A man who wept and prayed

Nehemiah 1:1-11

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Nehemiah do when he hears about Jerusalem's ruined walls, and what does he pray in the instant before he answers the king?

2. What does it show me about people — and about myself?

What broken thing in your family, church, or city moves you the way Jerusalem's walls moved Nehemiah?

3. What will I obey this week? (a concrete step, with a day)

Nehemiah prayed for months before he spoke. What will you begin praying for every day this week?

4. Who will I tell?

Who could you tell about the burden God is laying on your heart?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God of heaven, break my heart with what breaks yours. Like Nehemiah, let me weep, pray for months, and be ready to speak the moment you open a door.



This study online

NEXT STUDY A man who wept and prayed

comission.cc/en/study/for-such-a-time/09/

A man who wept and prayed

Nehemiah 2:1-8

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Nehemiah do when he hears about Jerusalem's ruined walls, and what does he pray in the instant before he answers the king?

2. What does it show me about people — and about myself?

What broken thing in your family, church, or city moves you the way Jerusalem's walls moved Nehemiah?

3. What will I obey this week? (a concrete step, with a day)

Nehemiah prayed for months before he spoke. What will you begin praying for every day this week?

4. Who will I tell?

Who could you tell about the burden God is laying on your heart?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God of heaven, break my heart with what breaks yours. Like Nehemiah, let me weep, pray for months, and be ready to speak the moment you open a door.



This study online