

What to do when... **YOU ARE SICK OF THE SHAME**

Nehemiah 1 & 2

📖 Nehemiah 2:17 (NCV) “Then I said to them, “You can see the trouble we have here. Jerusalem is a pile of ruins, and its gates have been burned. Come, let’s rebuild the wall of Jerusalem so we won’t be full of shame any longer.”

1. Admit your **mistakes**.

📖 Nehemiah 1:1–4 (NIV) “The words of Nehemiah son of Hacaliah: In the month of Kislev in the twentieth year, while I was in the citadel of Susa, ² Hanani, one of my brothers, came from Judah with some other men, and I questioned them about the Jewish remnant that survived the exile, and also about Jerusalem. ³ They said to me, “Those who survived the exile and are back in the province are in great trouble and disgrace. The wall of Jerusalem is broken down, and its gates have been burned with fire.” ⁴ When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.”

- _____ **really concerns me.**
- _____ **breaks my heart.**
- _____ **needs to change.**

📖 Nehemiah 1:5–11 (NIV) “Then I said: “O Lord, God of heaven, the great and awesome God, who keeps His covenant of love with those who love Him and obey His commands, ⁶ let your ear be attentive and your eyes open to hear the prayer your servant is praying before you day and night for your servants, the people of Israel. I confess the sins we Israelites, including myself and my father’s house, have committed against you. ⁷ We have acted very wickedly toward you. We have not obeyed the commands, decrees and laws you gave your servant Moses. ⁸ “Remember the instruction you gave your servant Moses, saying, ‘If you are unfaithful, I will scatter you among the nations, ⁹ but if you return to me and obey my commands, then even if your exiled people are at the farthest horizon, I will gather them from there and bring them to the place I have chosen as a dwelling for my Name.’ ¹⁰ “They are your servants and your people, whom you redeemed by your great strength and your mighty hand. ¹¹ O Lord, let your ear be attentive to the prayer of this your servant and to the prayer of your servants who delight in revering your name. Give your servant success today by granting him favor in the presence of this man.” I was cupbearer to the king.”

2. Assess the **mess**.

📖 Nehemiah 2:2b–5, 8 (NIV) “...I was very much afraid, ³ but I said to the king, “May the king live forever! Why should my face not look sad when the city where my fathers are buried lies in ruins, and its gates have been destroyed by fire?” ⁴ The king said to me, “What is it you want?” Then I prayed to the God of heaven, ⁵ and I answered the king, “If it pleases the king and if your servant has found favor in his sight, let him send me to the city in Judah where my fathers are buried so that I can rebuild it.” ⁸ ... And because the gracious hand of my God was upon me, the king granted my requests.”

📖 Nehemiah 2:11–15 (NIV) “I went to Jerusalem, and after staying there three days ¹² I set out during the night with a few men. I had not told anyone what my God had put in my heart to do for Jerusalem. There were no mounts with me except the one I was riding on. ¹³ By night I went out through the Valley Gate toward the Jackal Well and the Dung Gate, examining the walls of Jerusalem, which had been broken down, and its gates, which had been destroyed by fire. ¹⁴ Then I moved on toward the Fountain Gate and the King’s Pool, but there was not enough room for my mount to get through; ¹⁵ so I went up the valley by night, examining the wall. Finally, I turned back and reentered through the Valley Gate.”

3. Inspire **others**.

📖 Nehemiah 2:16–17 (NCV) “The guards did not know where I had gone or what I was doing. I had not yet said anything to the Jewish people, the priests, the important men, the officers, or any of the others who would do the work. ¹⁷ Then I said to them, “You can see the trouble we have here. Jerusalem is a pile of ruins, and its gates have been burned. Come, let’s rebuild the wall of Jerusalem so we won’t be full of shame any longer.”

📖 Nehemiah 2:18 (NIV) “I also told them about the gracious hand of my God upon me and what the king had said to me. They replied, “Let us start rebuilding.” So they began this good work.”

4. Expect **opposition**.

📖 Nehemiah 2:19 (NIV84) “But when Sanballat the Horonite, Tobiah the Ammonite official and Geshem the Arab heard about it, they mocked and ridiculed us. “What is this you are doing?” they asked. “Are you rebelling against the king?”

📖 Nehemiah 2:20 (NIV84) “I answered them by saying, “The God of heaven will give us success. We his servants will start rebuilding, but as for you, you have no share in Jerusalem or any claim or historic right to it.”

📖 Nehemiah 6:15 (NIV) “So the wall was completed on the twenty-fifth of Elul, in fifty-two days.”

Digging Deeper: What are you ashamed of? What have you done that you cannot forgive yourself for? What concerns you the most right now? What breaks your heart? What needs to change? What mess do you need to clean up? What relationships need to be repaired? What apologies need to be made? What restitution needs to take place? What part of your wall still stands tall? Who stood with you through it all? Have you thanked them for not abandoning you? What is God wanting to do through you? Are you listening to the losers in your life or are you listening to the Lord?

