

LIFENOTES

September 25, 2022

Series: Rebuild
"Seek God's Help"

Nehemiah 2:20 "... The God of Heaven will help us succeed. We, His servants, will start rebuilding ..." (NLT)

HOW TO SEEK GOD'S HELP Nehemiah 1:1-11

Nehemiah 1:4 "When I heard this, I sat down and wept. In fact, for days I mourned, fasted, and prayed to the God of Heaven." (NLT)

1. _____: Express your _____ to God.

a) Be _____.

Psalms 22:1-5 "1 My God, my God, why have you abandon me? Why are you so far away when I groan for help? 2 Every day I call to you, my God, but you do not answer. Every night I lift my voice, but I find no relief. 3 Yet you are holy, enthroned on the praises of Israel. 4 Our ancestors trusted in you, and you rescued them. 5 They cried out to you and were saved. They trusted in you and were never disgraced." (NLT)

b) Be _____.

Matthew 5:4 "God blesses those who mourn, for they will be comforted."

c) Be _____.

Jeremiah 31:13 "... I will turn their mourning into joy. I will comfort them and exchange their sorrow for rejoicing." (NLT)

2. _____: Focus your _____ on God.

a) _____ - I will learn to control my desires.

Matthew 6:16-18 "16 And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. 17 But when you fast, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except you Father, who knows what you do in private. And your Father, who sees everything, will reward you." (NLT)

b) _____ - I will slow down and focus on what God wants.

Acts 13:2-3 "2 One day as these men were worshiping and fasting, the Holy Spirit said, 'Appoint Barnabas and Saul for the special work to which I have called them.' 3 So after more fasting and prayer, the men laid their hands on them and sent them on their way." (NLT)

c) _____ - I will do what it takes.

Ezra 8:21-23 "21 And there by the Ahava Canal, I gave orders to all of us to fast and humble ourselves before our God. We prayed that He would give us a safe journey and protect us, our children, and our goods as we traveled. 22 For I was ashamed to ask the king for soldiers and horsemen to accompany us and protect us from our enemies along the way. After all, we had told the king, 'Our God's hand of protection is on all who worship Him, but His fierce anger rages against those who abandon Him.' 23 So we fasted and earnestly prayed that our God would take care of us, and He heard our prayer." (NLT)

3. _____: Ask God for _____.

a) Recognize _____.

Nehemiah 1:5-6a "5 Then I said, 'O Lord, God of heaven, the great and awesome God who keeps His covenant of unfailing love with those who love Him and obey His commands, 6 listen to my prayer! Look down and see me praying night and day for your people Israel ...'

b) Confess _____.

Nehemiah 1:6b-7 "6 ... I confess that we have sinned against you. Yes, even my own family and I have sinned! Yes, even my own family and I have sinned! 7 We have sinned terribly by not obeying the commands, decrees, and regulations that you gave us through your servant Moses."

c) Call on _____.

Nehemiah 1:8-9 "8 Please remember what you told your servant Moses: 'If you are unfaithful to me, I will scatter you among the nations. 9 But if you return to me and obey my commands and live by them, then even if you are exiled to the ends of the earth, I will bring you back to the place I have chosen for my name to be honored.'"

a) Share my _____.

Nehemiah 1:11 "O Lord, please hear my prayer! Listen to the prayers of those of us who delight in honoring you. Please grant me success today by making the king favorable to me. Put it into his heart to be kind to me ..."

BOTTOM LINE

Jeremiah 29:10-11 "10 This is what the Lord says: 'You will be in Babylon for seventy years, But then I will come and do for you all the good things I have promised, and I will bring you home again. 11 For I know the plans I have for you,' says the Lord. 'They are plans for good and not for disaster, to give you a future and a hope. 12 In those days when you pray, I will listen. 13 If you look for me wholeheartedly, you will find me. 14 I will be found by you,' says the Lord. 'I

will end your captivity and restore your fortunes. I will gather you out of the nations where I sent you and will bring you home again to your own land." (NLT)