

The Good Work

When You Can't Take It Anymore

Big Idea:
Heartbreak isn't the end, it's the beginning

1. Sit Down and Cry

Nehemiah 1:1 - 4a NLT

In late autumn, in the month of Kislev, in the twentieth year of King Artaxerxes' reign, I was at the fortress of Susa. Hanani, one of my brothers, came to visit me with some other men who had just arrived from Judah. I asked them about the Jews who had returned there from captivity and about how things were going in Jerusalem.

They said to me, "Things are not going well for those who returned to the province of Judah. They are in great trouble and disgrace. The wall of Jerusalem has been torn down, and the gates have been destroyed by fire." When I heard this, I sat down and wept.

2. Kneel Down and Pray

Nehemiah 1:4b NLT

In fact, for days I mourned, fasted, and prayed to the God of heaven.

Nehemiah 1:5-7 NLT

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, listen to my prayer! Look down and see me praying night and day for your people Israel. I confess that we have sinned against you. Yes, even my own family and I have sinned! We have sinned terribly by not obeying the commands, decrees, and regulations that you gave us through your servant Moses.

Nehemiah 1:9 NLT

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."

3. Stand Up and Act

Nehemiah 2:4-5 NLT

The king asked, "Well, how can I help you?"

With a prayer to the God of heaven, I replied, "If it please the king, and if you are pleased with me, your servant, send me to Judah to rebuild the city where my ancestors are buried."