

Use the following thoughts and questions to have a spiritual conversation as a family. Don't emphasize having the right answer, but focus on spending time discussing the Word as a family.

Scripture

Nehemiah 1:1-4; 2:11-18; 4:11-14

Session Summary

The news of Jerusalem's condition crushed Nehemiah. For days he wept, mourned, fasted, and prayed to God. Nehemiah knew that if the walls of Jerusalem were to be rebuilt and the people of Judah restored, it would take more than him at the helm—it would take the hand of God. After securing the favor of King Artaxerxes because God's gracious hand was on him, Nehemiah set off to do what God had laid on his heart to do. In the strength of God, the people of Jerusalem took up their tools and began rebuilding the walls and gates. Despite mockery and threats, Nehemiah was sure of God's protection and provision in this task.

Conversation Questions

- How does our family respond to God when we face heartache?
- What are some things in this world that break the heart of our family?
- In what ways is God calling our family to take action against these things?
- Why is it important to seek God through prayer and fasting before taking action?

Family Challenge

Before you go about your daily routine this week, discuss and decide how your family can seek God through prayer and fasting. This may look like fasting from desserts, TV, or social media. It could also just be spending time as a family together in prayer each evening before bed. Use this time to seek God in how He is calling your family to take action against the things that break His heart.