

**"No Pain . . . No Gain"**  
Nehemiah 1:1-3

**Ice Breaker:**

When I was a kid I used to ask people, "Who was the shortest man in the Bible"? I liked the answer "Knee-high Miah", but my dad would answer "Bildad the Shuhite (get it...Shoe height). Kids love to twist names. What nicknames did you grow up with? What do you prefer to be called? Why?

Do you enjoy being more on the planning side or the construction side of a project?

**Read: Nehemiah 1:1-3**

1. What insight, principle or observation did you find to be most fresh, eye-opening or troubling? Explain.
2. Read through the entire book of Nehemiah at one sitting. Read it like a short story. What are your first impressions . . . themes . . . flow of narrative . . . tension . . . suspense . . . climax?
3. Why is Nehemiah so sad?
4. What can we learn about Nehemiah from his response?
5. What do you get passionate about? What breaks your heart?
6. In what areas do you think God could make your heart more tender?
7. What has God put into your heart to do about what breaks your heart?
8. Why are walls and gates such a big deal?
9. Where is your "life wall" beginning to crumble due to neglect and indifference?

**Pray with each other:**

January 7, 2018

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We live in a world full of pain and conflict. Am I open to be broken by the hurt around me? If so, then what would that look like? I must see the pain in order to help move toward change. What will open my heart to those things that break God's heart?

*When I am open to be broken, I will . . .*

1. Ask

2. Listen

3. Risk

**Next Step:**

What breaks your heart? Where could your heart become more tenderized? What does God want you to do about it?

What area of your "life wall" is lying in ruin due to neglect? How will you apply today's lesson and join God in the rebuilding process?