

Rebuild Your Life

Life happens... Life hurts... Life can be healed.

Lives that have been broken can be rebuilt.

The book of Nehemiah presents a plan for rebuilding what needs to be rebuilt in our lives. God raised up Nehemiah to rebuild Jerusalem. God's holy city lay in ruins. God's people were a reproach ...mocked and trash talked by their enemies. A remnant of Israelis had returned from captivity. Nehemiah rallied God's chosen people to rise up and rebuild their city.

Rebuilding is God's will for us when life has fallen apart. When our spiritual, emotional, and relational walls have fallen down, God will help us rebuild. Nehemiah's example provides a practical blueprint for rebuilding your life.

This exercise will help you take a hard look at your broken down walls and decide to rebuild. To receive the most benefit from this exercise, do the following.

- **First, read as a unit Nehemiah 1-6.** Get the overview (the whole story) of Nehemiah's rebuilding process.
- **Second, work through each step that follows.** Focus on the particular verses, the principles, and then answer the questions as they pertain to your situation.

A Seven Step Strategy For Rebuilding Your Life

1. Recognize The Need

Scripture: Nehemiah 1:1-2:10

Rebuilding Principle: *Nehemiah's heart was moved to rebuild what he loved.*

- What needs rebuilt in your life? Be specific.
- Why do you want to rebuild your life? What is motivating you?
- Who will be affected by your rebuilt life?

- Whose help do you need to rebuild your life?

2. Review The Ruins

Scripture: Nehemiah 2:11-17

Rebuilding Principle: *Nehemiah looked over the ruins before he rebuilt.*

- Take a hard, honest look at the ruins in your life.
- List the ruins in your life.
- List how your ruins have affected people you love.

3. Resolve To Rebuild

Scripture: Nehemiah 2:5, 2:17-20

Rebuilding Principle: *Nehemiah committed himself to the rebuilding process.*

- Write out your “Let us arise and build” statement. Be very specific about your personal commitment to rebuilding your life.
- What new bricks do you want to put in your rebuilt wall? List them.
- What will it take (i.e. courage, hard work etc.) for you to stay committed to rebuilding?
- Tell someone you trust about your resolve to rebuild your life.

4. Remove The Rubble

Scripture: Nehemiah 3

Rebuilding Principle: *Nehemiah and the people had to remove the rubble before they could rebuild.*

- List the rubble (attitudes, behaviors, habits, lifestyle changes, relationships) you have to remove.

- How do you plan to remove the rubble from your ruins?
- Who can help you remove the rubble? How can they assist you?

5. Resist The Opposition

Scripture: Nehemiah 2:10, 2:19, 4:1-3, 4:7-8, 4:11, 6:1-14

Rebuilding Principles: *Nehemiah was not distracted from rebuilding.
Nehemiah repelled the enemy every time.
Nehemiah stood firm in the rebuilding process.*

NOTE: Satan is Sanballat, Tobias and Geshem in your life. He is adamantly against your rebuild. The devil will oppose you at every turn. You must be on the lookout for him and his lies and tricks. His sole goal is to get you to come down from the rebuilding of your life.

Like Nehemiah and the people, pray for God's help, confess His favor, presence and power on your behalf, and the defeat of your enemies. Work on rebuilding your life with your eyes fixed on Jesus. Close your ears and turn your back on the devil.

Do not abandon your rebuilding post for any reason if you want to enjoy a healed, restored and renewed life in Christ!

- List the ways Satan will try to discourage you. What enemies will oppose you?
- Where do you feel the weakest in the battle to rebuild?
- What do you need from the Lord to persevere under pressure and advance through adversity as you rebuild your life?
- Enlist two or three Christians to battle the enemy with you in Jesus' name.

6. Rebuild Until The Work Is Finished

Scripture: Nehemiah 6:1, 6:15-16

Rebuilding Principle: *Nehemiah rebuilt the wall in record time.*

- What is your commitment to finish the work?

- How will you know when your life wall has been rebuilt?
- How will others know when you have a rebuilt life? List what they will be looking for that has changed in you.

7. Rejoice In Your Rebuilt Life

Scripture: Nehemiah 6:16, Nehemiah 12:27-43

Rebuilding Principle: *Nehemiah and the people rejoiced and praised God for His help in rebuilding the walls of Jerusalem.*

NOTE: Nehemiah and the people threw a huge praise party. They celebrated that they were no longer a reproach. They rebuilt the walls for God's glory and the good of His people. They rejoiced without reservation at what God had done through them.

- How do you plan to celebrate God's rebuild of your life?
- List how your life from now on will be a celebration of renewed life in Christ?
- Invite some of your closet Christian friends to party with you!!!!

Summary And Application

You life has been rebuilt. Now what?

A rebuilt Jerusalem meant that life... safety and security, business and commerce, family and community relationships, worship, and potential for prosperity had returned to God's people.

Jerusalem once again was a place that glorified God and met the needs of God's people. Nations were positively influenced and affected because the walls of Jerusalem were rebuilt.

God has rebuilt your life so you can help others rebuild theirs. People surround you whose walls are down and they re discouraged, depressed and wondering if there is a future and a hope.

What God has done in your life is a gift of His grace, mercy and lovingkindness. This gift is to be shared, not kept to yourself. Those who have been rebuilt and restored are the best restorers. Minister to others what God has ministered to you.

Rejoice in your rebuilt life!
Go help someone else rebuild their life in Jesus' name!

Steve Roll
Restoration Ministries
srrestore.org