Lesson 3 | June 20, 2021 Prayer for Restoration

Study Text: Nehemiah 1:1 through 2:8

Central Truth: Prayer is essential for spiritual awakening.

Key Verse: 2 Chronicles 7:14

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land (KJV).

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land (NIV).

Learning Objectives

- Be encouraged that God understands your circumstances and is able to provide the help needed as you believe and pray.
- Pray today for challenges you are facing and believe in God's faithfulness to intervene.

Introducing the Lesson

Say: Have you ever found yourself listening to someone, whether a doctor, lawyer, financial advisor, a family member, or someone else who was giving you an extremely discouraging report? As you listened, you were dumbfounded, unable to process what you were hearing? How did you feel at that moment?

Opening Activity—Bad News

Ask: What examples can you give of discouraging news you have received? How did you cope with it? Give opportunity for several students to share their stories with the class.

Let me give you a discouraging report on America. There are political leaders, social media outlets, and news media engaging to fundamentally change America. Capitalism is racist. Patriotic behavior such as standing for the US flag is racist. Homosexuals and transgenders must be accepted as normal. Critical race theory must be taught in schools.

Greg Laurie says, "If husbands would do what God calls them to do and take the initiative to lead in their homes, it would change our country. Almost every social ill in America today can be traced directly to the breakdown of the family, and specifically, the absence of fathers."

As Christian men, we need to have it together in our homes. It would make all the difference in the world today if husbands would be men of God."

Say: No matter how discouraging the news is that we receive, we can take comfort in knowing that God is never surprised by the circumstances we face—He knows our problems and crises, and He knows how we should proceed. He will give us the right way to respond as we trust Him and follow His leading. (Share your highlights from the following text.)

Nehemiah found himself grieving over the plight of his people in Jerusalem—that the walls and gate of the city were in ruins—and how they ought to respond (see Nehemiah 1:3). Yet, as with Nehemiah, the key is always found in how we respond to problems—the steps we take from the point of hearing the report to dealing with the circumstance. We can find ourselves amazed at how wonderfully God can bring about His purposes to provide renewal and restoration, even in miraculous ways when we exercise courageous faith and believing prayer!

Part 1—Nehemiah Learns of Jerusalem's Condition Nehemiah Receives a Discouraging Report

Nehemiah 1:1–3

[Neh 1:1-4 KJV] 1 The words of Nehemiah the son of Hachaliah. And it came to pass in the month Chisleu, in the twentieth year, as I was in Shushan the palace, 2 That Hanani, one of my brethren, came, he and [certain] men of Judah; and I asked them concerning the Jews that had escaped, which were left of the captivity, and concerning Jerusalem. 3 And they said unto me, The remnant that are left of the captivity there in the province [are] in great affliction and reproach: the wall of Jerusalem also [is] broken down, and the gates thereof are burned with fire.

Say: Discouragement isn't always caused by our own situation or circumstances. Nehemiah was discouraged because of the situation of those who had returned to Jerusalem as well as for the city itself. As God's people, it is important that we empathize with others and that we seek God for direction on anything we can do to alleviate suffering. (Share your highlights from the following text.)

Not a lot of background information is available on the man Nehemiah, except that he was, no doubt, a man of significant standing and character. Prior to the account at hand, at least two groups of exiles had already returned to Jerusalem. (These returns took place in 538 BC and 457 BC. It is possible that exiles returned at other times, including after Nehemiah, but the Bible only records three returns.) Note that the Book of Ezra records the second return of God's people and the dedication of the rebuilt temple; Nehemiah records the third return (in 444 BC) and the subsequent rebuilding of Jerusalem's wall. Before Nehemiah's return, in the month of December, 445 BC, Nehemiah's brother Hanani, with some companions, traveled to the citadel of Susa where Nehemiah resided. Susa was the winter capital of the Persian kings, some 200 miles east of Babylon.

Nehemiah asked Hanani about the exiles who had returned and inquired also about the city of Jerusalem. Clearly, he was deeply concerned about the welfare of his fellow Jews who had returned to the Land, and for the welfare of Jerusalem. Sadly, however, Hanani's response was devastating. The remnant of Jews who had returned were being greatly afflicted and lived in disgrace. Not only that, Jerusalem's wall was in shambles and the gates had been burned. The people and the city were desperately in need of restoration and renewal.

Discuss

? Bad news comes to all of us at some point, and sometimes we have to be the bearer of such news to others. How has being a follower of Christ made a difference to you when presented with unpleasant news?

? How can empathizing with others who are suffering serve as a reflection of the love of God?

Nehemiah Expresses His Grief

Nehemiah 1:4

[Neh 1:4 KJV] 4 And it came to pass, when I heard these words, that I sat down and wept, and mourned [certain] days, and fasted, and prayed before the God of heaven,

Say: Nehemiah took seriously the news he received about his countrymen and the city of Jerusalem. Too often, we hear news of suffering, and have a moment of sympathy and maybe even say a prayer, but we then move on with life, scarcely giving the situation a second thought. Yet Nehemiah responded to the need from the depth of his emotions and evaluated what he might do to bring help and provide answers. (Share your highlights from the following text.)

Upon hearing the crushing news, Nehemiah's response was immediate—he sat down and wept (verse 4). Concern over his countrymen and beloved city overwhelmed his emotions. Yet, his response was not just a moment of emotional

expression of grief, but continued through a deliberate time of dealing with the depth of concern over what was taking place among his people. Nehemiah entered an extended time of mourning followed by fasting and prayer over a period of several days. There was much at stake here as Jerusalem, the capital of Judah, the Holy City, was the center of national identity for all Jewish people. Clearly, there was need for intervention beyond the human level. God's help and wisdom were desperately needed.

Resource Packet Item 1: Fasting Guidelines

Distribute copies of "Fasting Guidelines" from the Adult Resource Packet. Encourage students to consider incorporating times of fasting in their prayer life as they face significant challenges.

Discuss

- ? Nehemiah was deeply concerned about the welfare of his countrymen who were far away from him. For whom might you have such concern even if you seldom interact with them?
- ? Have you ever entered into a time of fasting? If so, share a testimony of that experience with the class.

Part 2—Nehemiah Prays for God's Favor Nehemiah Offers Praise and Confession

Nehemiah 1:5-9

[Neh 1:5-9 KJV] 5 And said, I beseech thee, O LORD God of heaven, the great and terrible God, that keepeth covenant and mercy for them that love him and observe his commandments: 6 Let thine ear now be attentive, and thine eyes open, that thou mayest hear the prayer of thy servant, which I pray before thee now, day and night, for the children of Israel thy servants, and confess the sins of the children of Israel, which we have sinned against thee: both I and my father's house have sinned. 7 We have dealt very corruptly against thee, and have not kept the commandments, nor the statutes, nor the judgments, which thou commandedst thy servant Moses. 8 Remember, I beseech thee, the word that thou commandedst thy servant Moses, saying, [If] ye transgress, I will scatter you abroad among the nations: 9 But [if] ye turn unto me, and keep my commandments, and do them; though there were of you cast out unto the uttermost part of the heaven, [yet] will I gather them from thence, and will bring them unto the place that I have chosen to set my name there.

Say: The prayer of Nehemiah in these verses follows a pattern that can serve as a guide to our prayers. As we walk through these verses, let's look for the following: (1) Humility; (2) Reverential awe; (3) Worship; (4) Penitence; and (5) Petition. (Share your highlights from the following text.)

Resource Packet Item 2: Pattern for Prayer

Distribute the work sheet, and have the students do the first section of it as you discuss Nehemiah's prayer. At the end of Part 2, complete the second section of the work sheet as a class.

As Nehemiah went to prayer, he did not immediately rush into his petitions, asking for God's help and intervention. Instead, in gratefulness and humility, he acknowledged that God is "great and awesome" (verse 5, NIV). He did not enter into God's presence casually or flippantly, but in a spirit of reverential awe, understanding that He is the great and mighty God. Nehemiah did not presume upon God's grace nor the privilege of entering His presence.

Nehemiah acknowledged further that God is faithful to keep His covenant with those who love and serve Him. Yet, even though he understood this, Nehemiah pleaded that God's ears would be open to hear the prayer of His humble servant. Clearly a man devoted to prayer and intercession for the people of Israel, Nehemiah expressed to God that he had been praying night and day for them. He was earnest in his devotion to remember his beloved people before the throne of God.

Nehemiah knew that before moving to petition, the people needed to make things right with the God who had made His great covenant with them. Nehemiah also knew that he, and all God's people, must approach Him with broken and contrite hearts. As he continued to pray, Nehemiah confessed sins that were heavy on his heart (verse 6). He confessed sins not only on behalf of Israel, but on behalf of himself and his household as well. They had not always obeyed God's commands. Unconfessed sin and disobedience would block the hand of God from moving in response to prayer. Nehemiah remembered the instruction God had given Moses, that unfaithfulness and disobedience would result in Israel being scattered and lost among the nations (verse 8). They would no longer be a people under God's favor and protection. However, if they would repent and turn from their sins and continue to obey God's commands, He would restore them and claim them once again as His own. Such confession is a key ingredient to bringing about spiritual awakening and renewal.

Discuss

? How does the way we approach God, both individually and corporately, demonstrate reverential awe?

? What effect does unconfessed sin have on the effectiveness of our prayers?

Nehemiah Offers Petition

Nehemiah 1:10-11

[Neh 1:10-11 KJV] 10 Now these [are] thy servants and thy people, whom thou hast redeemed by thy great power, and by thy strong hand. 11 O Lord, I beseech thee, let now thine ear be attentive to the prayer of thy servant, and to the prayer of thy servants, who desire to fear thy name: and prosper, I pray thee, thy servant this day, and grant him mercy in the sight of this man. For I was the king's cupbearer.

Say: Many times, our prayers tend to begin with petition. We approach God with our list of needs. While He delights in meeting our needs, and there are certainly times we cry out to God in the midst of a crisis, our relationship with Him will be much stronger if we begin by recognizing His greatness and our weakness. (Share your highlights from the following text.)

Having acknowledged God's greatness, having confessed national and personal sins, and having remembered God's conditions for bringing His favor and blessing, Nehemiah moved to petition in his prayer. He reminded God again that the people of Israel were those whom He had redeemed by His mighty hand (Nehemiah 1:10–11). They were His chosen people, recipients of His grace and favor. Now, Nehemiah faced the imposing task of going before Artaxerxes, the king of Persia, to implore him to grant permission for Nehemiah to intervene on Israel's behalf. It seems clear that Nehemiah recognized his responsibility not only to pray, but to go. In order to help his people and restore the city of Jerusalem, he would need to provide leadership and encouragement. While there was much that could be accomplished through prayer, he needed to be present in the circumstance and help bring about the needed restoration.

Even in his petition, Nehemiah was humble and reverent, not presumptuous in any way. He pleaded that God's ear would be attentive to his request (verse 11) as one who revered God's holy name. His request was straightforward—to have success that day as he presented his petition to the king.

Following his prayer, Nehemiah noted at the end of verse 11, "I was cupbearer to the king." Scholars have noted that "cupbearer" was likely not a servile duty with little significance. As cupbearer, Nehemiah had direct access to the king on a regular basis. And the account that follows of Nehemiah's interaction with King Artaxerxes suggests that the king was vitally interested, not only in his servant's actions, but in his attitudes and feelings. Perhaps Nehemiah was someone with whom the king shared personal matters from time to time. At the same time, it was vitally important that Nehemiah not portray emotions or attitudes that would be deemed inappropriate or suspicious. With the matter at hand, he would need favor and confidence that only God could provide.

Discuss

? Often when we are presented with concerns or needs in our communities, nation, or world, we agree to pray. How did Nehemiah exemplify the fact that prayer itself sometimes isn't enough? How has God prompted you toward further engagement with Him?

? How has God positioned you to be an influencer for goodness and righteousness in the workplace, community, school, neighborhood, or elsewhere?

Part 3—God Grants Nehemiah's Request Nehemiah Expresses His Concern

Nehemiah 2:1-4

[Neh 2:1-4 KJV] 1 And it came to pass in the month Nisan, in the twentieth year of Artaxerxes the king, [that] wine [was] before him: and I took up the wine, and gave [it] unto the king. Now I had not been [beforetime] sad in his presence. 2 Wherefore the king said unto me, Why [is] thy countenance sad, seeing thou [art] not sick? this [is] nothing [else] but sorrow of heart. Then I was very sore afraid, 3 And said unto the king, Let the king live for ever: why should not my countenance be sad, when the city, the place of my fathers' sepulchres, [lieth] waste, and the gates thereof are consumed with fire? 4 Then the king said unto me, For what dost thou make request? So I prayed to the God of heaven.

Say: Nehemiah did not immediately approach the king in an attempt to "answer his own prayers." Sometimes we pray for God to answer, but we don't wait for His timing before going ahead with a plan of our own. As we are sensitive to the Holy Spirit, we will find that God prepares hearts and opens doors in response to our prayers far more effectively than we could hope to do. (Share your highlights from the following text.)

After some four months had passed since Nehemiah received the distressing news from his brother, Nehemiah knew he must share his concerns with King Artaxerxes. His sadness over the plight of his fellow Jews and the city of Jerusalem was no doubt overwhelming. As Nehemiah entered the king's presence as cupbearer, his face so reflected his grief that the king took notice. He knew that Nehemiah was not ill, so the king could only suppose that Nehemiah's heart and spirit were greatly troubled over something. He directly inquired of Nehemiah about what was concerning him (Nehemiah 2:1–2).

Fear struck Nehemiah. Depending on the king's mood, Nehemiah knew that an uncommon countenance before the king could arouse suspicion and trigger a harsh, and perhaps dangerous, response. It was important to always reflect a calm demeanor before the king, regardless of inner feelings.

That King Artaxerxes inquired about Nehemiah's sad expression did, however, provide an opportunity for Nehemiah to share his concerns. So, without hesitation he began to lay out the plight of his fellow Jews and the terrible state of Jerusalem, the city he loved. No doubt Nehemiah was greatly relieved that the king did not respond harshly but simply asked, "What is it you want?" (verse 4, NIV). While the reply seemed gracious, his question was one that would have to be answered very carefully, so as not to unsettle the king.

Nehemiah 2:4 states his response quite simply: "Then I prayed to the God of heaven" (verse 4, NIV). Here is where Nehemiah's efforts to cultivate closeness with God through diligent devotion shone brightly. There was no time in this moment to go to a place of prayer and earnestly seek God's guidance, but that did not matter. Nehemiah could sense the voice of direction from God. While his prayer is not recorded, it was most likely an impromptu plea for God's wisdom in how to reply, and God heard Nehemiah. As soon as the prayer was uttered, Nehemiah was ready to answer the king.

Resource Packet Item 3: Cultivating Closeness to God

Cultivating a close relationship with God is a key component to prayer. Distribute copies of the work sheet "Cultivating Closeness to God." To save time, ask various students or groups to focus on one or two of the exercises.

Discuss

- ? Our countenance can often reflect what's happening inside of us emotionally. Being aware of and sensitive to a person's countenance can provide an opportunity to be a help and encouragement. How have you experienced that personally?
- ? Describe a moment when you sent an "emergency prayer" heavenward. What was the result?

Nehemiah Prayerfully Presents His Request

Nehemiah 2:5-8

[Neh 2:5-8 KJV] 5 And I said unto the king, If it please the king, and if thy servant have found favour in thy sight, that thou wouldest send me unto Judah, unto the city of my fathers' sepulchres, that I may build it. 6 And the king said unto me, (the queen also sitting by him,) For how long shall thy journey be? and when wilt thou return? So it pleased the king to send me; and I set him a time. 7 Moreover I said unto the king, If it please the king, let letters be given me to the governors beyond the river, that they may convey me over till I come into Judah; 8 And a letter unto Asaph the keeper of the king's forest, that he may give me timber to make beams for the gates of the palace which [appertained] to the house, and for the wall of the city, and for the house that I shall enter into. And the king granted me, according to the good hand of my God upon me.

Say: As we examine this section, list the answers to the petitions Nehemiah presented to King Artaxerxes. (As you work through the verses and the commentary below, note these answers: permission to go to Jerusalem, letters for safe conduct, military escort, timber for building, appointed governor of Judah.) (Share your highlights from the following text.)

Bolstered by his confidence that God had heard his prayer, Nehemiah graciously and humbly asked the king for permission to go to Jerusalem to help with the rebuilding and restoration. Here again we see Nehemiah's characteristics of humility and integrity. <u>He did not presume upon the king for help, but humbly asked for his consideration.</u>
After inquiring how long Nehemiah would be away, the king was satisfied with the matter and gave permission for Nehemiah to travel (Nehemiah 2:5–6).

Further encouraged by the king's kindness, Nehemiah pressed a bit further and asked if he could have letters to governors throughout the areas in which he would travel to ensure safe conduct (verse 7). Safe passage could not be presumed otherwise. We learn in verse 9 that the king also arranged to have army officers and cavalry escort Nehemiah and his party.

So gracious was King Artaxerxes that Nehemiah asked also to have a letter from the king to Asaph, keeper of the king's forest, to supply the timber needed to rebuild the city of Jerusalem. That too was granted. Nehemiah acknowledged that God's hand had moved in amazing ways to fulfill every detail of his requests.

We learn later, in Nehemiah 5:14, that Artaxerxes also appointed Nehemiah governor of Judah. God's favor, blessing, and provision were abundant in every way, even beyond what Nehemiah had requested.

[Neh 5:14 KJV] 14 Moreover from the time that I was appointed to be their governor in the land of Judah, from the twentieth year even unto the two and thirtieth year of Artaxerxes the king, [that is], twelve years, I and my brethren have not eaten the bread of the governor.

Discuss

? What examples can you give of times when humility and integrity have gained favor for a believer in the workplace or some other setting?

? How can this study of Nehemiah's prayer impact your prayer life?

What Is God Saying to Us?

Say: God used Nehemiah's dedication to prayer, his humility, and his integrity to bring restoration to the city of Jerusalem and the people of Judah. As people of prayer, God can use us to bring the message of reconciliation and restoration to those around us today as well.

Living It Out

Ministry in Action

- Using Nehemiah's pattern of prayer, pray for your community, your church, and your nation.
- Be the answer to someone's prayer by providing food or clothing for a person in need.
- Consider fasting at some time during this week.

Daily Bible Readings

Monday:

Solomon Prays for Israel. 2 Chronicles 6:12–21

[2Ch 6:12-21 KJV] 12 And he stood before the altar of the LORD in the presence of all the congregation of Israel, and spread forth his hands: 13 For Solomon had made a brasen scaffold, of five cubits long, and five cubits broad, and three cubits high, and had set it in the midst of the court: and upon it he stood, and kneeled down upon his knees before all the congregation of Israel, and spread forth his hands toward heaven, 14 And said, O LORD God of Israel, [there is] no God like thee in the heaven, nor in the earth; which keepest covenant, and [shewest] mercy unto thy servants, that walk before thee with all their hearts: 15 Thou which hast kept with thy servant David my father that which thou hast promised him; and spakest with thy mouth, and hast fulfilled [it] with thine hand, as [it is] this day. 16 Now therefore, O LORD God of Israel, keep with thy servant David my father that which thou hast promised him, saying, There shall not fail thee a man in my sight to sit upon the throne of Israel; yet so that thy

children take heed to their way to walk in my law, as thou hast walked before me. 17 Now then, O LORD God of Israel, let thy word be verified, which thou hast spoken unto thy servant David. 18 But will God in very deed dwell with men on the earth? behold, heaven and the heaven of heavens cannot contain thee; how much less this house which I have built! 19 Have respect therefore to the prayer of thy servant, and to his supplication, O LORD my God, to hearken unto the cry and the prayer which thy servant prayeth before thee: 20 That thine eyes may be open upon this house day and night, upon the place whereof thou hast said that thou wouldest put thy name there; to hearken unto the prayer which thy servant prayeth toward this place. 21 Hearken therefore unto the supplications of thy servant, and of thy people Israel, which they shall make toward this place: hear thou from thy dwelling place, [even] from heaven; and when thou hearest, forgive.

Tuesday:

God Grants Favor. Job 33:19–30

[Job 33:19-30 KJV] 19 He is chastened also with pain upon his bed, and the multitude of his bones with strong [pain]: 20 So that his life abhorreth bread, and his soul dainty meat. 21 His flesh is consumed away, that it cannot be seen; and his bones [that] were not seen stick out. 22 Yea, his soul draweth near unto the grave, and his life to the destroyers. 23 If there be a messenger with him, an interpreter, one among a thousand, to shew unto man his uprightness: 24 Then he is gracious unto him, and saith, Deliver him from going down to the pit: I have found a ransom. 25 His flesh shall be fresher than a child's: he shall return to the days of his youth: 26 He shall pray unto God, and he will be favourable unto him: and he shall see his face with joy: for he will render unto man his righteousness. 27 He looketh upon men, and [if any] say, I have sinned, and perverted [that which was] right, and it profited me not; 28 He will deliver his soul from going into the pit, and his life shall see the light. 29 Lo, all these [things] worketh God oftentimes with man, 30 To bring back his soul from the pit, to be enlightened with the light of the living.

Wednesday:

Pray for Peace in Jerusalem. Psalm 122:1–9

[Psa 122:1-9 KJV] 1 [[A Song of degrees of David.]] I was glad when they said unto me, Let us go into the house of the LORD. 2 Our feet shall stand within thy gates, O Jerusalem. 3 Jerusalem is builded as a city that is compact together: 4 Whither the tribes go up, the tribes of the LORD, unto the testimony of Israel, to give thanks unto the name of the LORD. 5 For there are set thrones of judgment, the thrones of the house of David. 6 Pray for the peace of Jerusalem: they shall prosper that love thee. 7 Peace be within thy walls, [and] prosperity within thy palaces. 8 For my brethren and companions' sakes, I will now say, Peace [be] within thee. 9 Because of the house of the LORD our God I will seek thy good.

Thursday:

Prayer for Restorative Healing. Acts 9:10–19

[Act 9:10-19 KJV] 10 And there was a certain disciple at Damascus, named Ananias; and to him said the Lord in a vision, Ananias. And he said, Behold, I [am here], Lord. 11 And the Lord [said] unto him, Arise, and go into the street which is called Straight, and enquire in the house of Judas for [one] called Saul, of Tarsus: for, behold, he prayeth, 12 And hath seen in a vision a man named Ananias coming in, and putting [his] hand on him, that he might receive his sight. 13 Then Ananias answered, Lord, I have heard by many of this man, how much evil he hath done to thy saints at Jerusalem: 14 And here he hath authority from the chief priests to bind all that call on thy name. 15 But the Lord said unto him, Go thy way: for he is a chosen vessel unto me, to bear my name before the Gentiles, and kings, and the children of Israel: 16 For I will shew him how great things he must suffer for my name's sake. 17 And Ananias went his way, and entered into the house; and putting his hands on him said, Brother Saul, the Lord, [even] Jesus, that appeared unto thee in the way as thou camest, hath sent me, that thou mightest receive thy sight, and be filled with the Holy Ghost. 18 And immediately there fell from his eyes as it had been scales: and he received sight forthwith, and arose, and was baptized. 19 And when he had received meat, he was strengthened. Then was Saul certain days with the disciples which were at Damascus.

Friday:

God Answers Cornelius' Prayer. Acts 10:30–36

[Act 10:30-36 KJV] 30 And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing, 31 And said, Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God. 32 Send therefore to Joppa, and call hither Simon, whose surname is Peter; he is lodged in the house of [one] Simon a tanner by the sea side: who, when he cometh, shall speak unto thee. 33 Immediately therefore I sent to thee; and thou hast well done that thou art come. Now therefore are we all here present before God, to hear all things that are commanded thee of God. 34 Then Peter opened [his] mouth, and said, Of a truth I perceive that God is no respecter of persons: 35 But in every nation he that feareth him, and worketh righteousness, is accepted with him. 36 The word which [God] sent unto the children of Israel, preaching peace by Jesus Christ: (he is Lord of all:)

Saturday:

Pray for All in Authority. 1 Timothy 2:1–4 [1Ti 2:1-4 KJV] 1 I exhort therefore, that, first of all, supplications, prayers, intercessions, [and] giving of thanks, be made for all men; 2 For kings, and [for] all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. 3 For this [is] good and acceptable in the sight of God our Saviour; 4 Who will have all men to be saved, and to come unto the knowledge of the truth.