

## NEHEMIAH ASK FOR HELP

week of September 26, 2021

### NEHEMIAH 4:15-23 (ESV)

#### Discipleship Group Guidelines:

- **Safe Group:** We strive for an environment where everyone can be open, and honest about his or her struggles and victories.
- **Confidentiality:** What is said in the group stays in the group. Whether in person or on video, please meet in a private place.
- **Listen:** We want to value one another by really listening to what is being shared. Try to avoid thinking about how you are going to respond while someone is sharing.
- **Pause:** Allowing a pause in the conversation after one person shares and before the next person shares gives the person sharing a chance to finish. A Pause also gives the group an opportunity to consider before responding.
- **Silence:** It is important to allow silence in the group as it provides an opportunity for people to think deeply, to gather their thoughts in order to share, and to genuinely consider what others have shared.
- **One Conversation at a Time:** Be considerate of others as they are sharing. No side conversations.
- **No Fixing:** We are not here to fix each other; Jesus does that part. Give encouragement and ask questions, but try not to solve or fix one another.
- **No Rescuing:** When people are sharing something deeply personal, please resist the tendency to try to make them feel better about themselves or their situation by providing immediate condolences. This will often cause people to stop sharing.
- **Be Self-Aware:** Be mindful of how you are personally affecting the small group environment through your words, actions, and non-verbal communication. Be sensitive about the amount of time you share, whether too much (dominating) or not enough (hiding).
- **Use “I” Statements:** It is very easy to talk about other people’s issues, but, for our purposes, we want to put ourselves on the table. We will use “I” statements rather than “them”, “the church”, “people”, “you”, “us”, “we”, etc.
- **Resolve Conflict Biblically:** As a group we commit to extend grace to one another. Conflict is not bad, rather it can be an opportunity for growth. We are all being transformed to be more like Jesus, so conflict and change are a part of that journey. (Matthew 18)
- **Manage Technology:** Let’s respect one another by silencing other alerts on our devices.



#### Setting the Scene

In last week’s text, great opposition came against the work to rebuild the wall of Jerusalem. Thanks to quality leadership and trust in the Lord, the people persevered and the immediate threat diminished. This does not mean the threat disappeared entirely. This week we read about the continued readiness of the people against attack.



#### Scripture

##### Nehemiah 4:15-23 (ESV)

15 When our enemies heard that it was known to us and that God had frustrated their plan, we all returned to the wall, each to his work. 16 From that day on, half of my servants worked on construction, and half held the spears, shields, bows, and coats of mail. And the leaders stood behind the whole house of Judah, 17 who were building on the wall. Those who carried burdens were loaded in such a way that each labored on the work with one hand and held his weapon with the other.

18 And each of the builders had his sword strapped at his side while he built. The man who sounded the trumpet was beside me. 19 And I said to the nobles and to the officials and to the rest of the people, “The work is great and widely spread, and we are separated on the wall, far from one another. 20 In the place where you hear the sound of the trumpet, rally to us there. Our God will fight for us.”

21 So we labored at the work, and half of them held the spears from the break of dawn until the stars came out. 22 I also said to the people at that time, “Let every man and his servant pass the night within Jerusalem, that they may be a guard for us by night and may labor by day.” 23 So neither I nor my brothers nor my servants nor the men of the guard who followed me, none of us took off our clothes; each kept his weapon at his right hand.