

# REBUILDING

understanding physical & spiritual walls  
Nehemiah 2:17-20



memorize  
this:

Then I said to them, "You see the trouble we are in, how Jerusalem lies in ruins with its gates burned. Come, let us build the wall" (Nehemiah 2:17a ESV).

“You see the trouble we are in.” Could Nehemiah’s words be any more pointed? Could there be any words that would ring this true, generation after generation? Are there any better words to describe our lives right now? How would you describe our trouble?

## points to ponder

1) *Let's get them out on the table. What are some of the troubles facing our nation today? How about facing the church? What trouble sits on your personal doorstep?*

2) *Psalm 127 reminds us that when the Lord watches over the city, He will give sleep to His beloved. What does that say to us when times keep us awake?*

## words to wrangle

*The purposes of walls are to provide strength and protection for the inhabitants of the city.*

*Most cities employed a watchman to patrol and warn the people when danger was approaching.*

*Are the church and the Christian supposed to serve as a watchman for the world?*

## conclusions to consider

*One of the important truths in this lesson is our need for walls which provide us strength and protection.*

*What are the walls in your life that ensure your well-being and safety? How have God and others worked to rebuild what our circumstances have destroyed?*

The COVID-19 pandemic is surely an example. Can you add to that the tensions and struggles that divide our country? It is easy to center on ethnicity and race because they are in the news, but those certainly are not the only points of division. What are the “polar opposites” that separate America today?

We know that stress has physical effects on us. Could stress have similar spiritual effects on us as well? Think for a moment. If you are depressed, what does that do to your spiritual life? Does it keep you from praying? Does it take you away from your Bible reading? If you are feeling overwhelmed and anxious? Does it make you worry to the point of trusting God less? Does it make you question God more?

Our bodies intertwine the spiritual, mental, emotional and physical. If we are concerned about the spiritual, we have to make sure the other areas are protected and healthy by strong walls because they have an impact on the spiritual.

“Do you see the trouble we are in?” Isn’t Nehemiah speaking to the church today? We are getting back to worshipping again, but the way we “do church” must be different today. It needs to be better. It needs to be more personal. It needs to meet the needs of a changing culture and society. The walls need to be different. Are you up for the task?

How can the church strengthen itself for the task at hand? Let’s look at a handful of opportunities.

- 1) Recognize your need to depend upon God.
- 2) Identify your priorities and structure of your life.
- 3) Build daily routines and traditions that will work for you.
- 4) Make time for your own self.
- 5) Regularly review your priorities and adjust.

God is in the process of building, building a new way. The early church were known as followers of the Way, often shortened to just “The Way.” It wasn’t a name claimed by their own; it was a name bestowed upon them by others. The time to rebuild is now.