

Oh God, Strengthen Our Hands

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Nehemiah 6
October 15, 2023

How do we fight fear with faith?

1. Go to God in humble prayer (verse 9)

- Notice the prayer of Nehemiah in v.9 -- “O God strengthen my hands”
- What is that an acknowledgment of but 'I cannot beat these fears on my own! I need you. On my own, I cannot accomplish the work you've set before me! I don't want fear to get the upper hand O God, strengthen my hands!'
- Nehemiah recognizes his own temptation to yield to fear and weakness. There's real strength in acknowledging our weakness

“For God gave us a spirit not of fear, but of power and love and self-control.” -- 2 Timothy 1:7

“...casting all your anxieties on Him, because He cares for you” -- 1 Peter 5:7

2. Remember that God's power is at work!

- “This work had been accomplished with the help of our God (v.16)”
- The wall being rebuilt wasn't simply the work of the stone masons. Somehow the power of God has made it progress. God helped them.
- God is at work among His people, accomplishing His purposes! So when you feel that your faith may fail – God is working!
- When you're tempted to give up on that prayer request – God is working! When you desire to make greater inroads for the gospel but not much progress is being made – God is working.

“He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?” -- Romans 8:32

Questions for Discussion/Application:

- Having listened to the sermon, what stands out to you the most about chapter 6 of the book of Nehemiah?
- How might have fear have kept the mission of rebuilding the walls from moving forward?
- How might fear hinder us, both individually and corporately in doing what God has called us to do?
- Are there things you believe God may be calling you to do (reaching out to a friend, starting a new business venture, get involved in serving the church in some way etc...), but you feel fear has the potential to hold you back? If so, what are those things, and how can we be praying for you as a Care Group?

- Re-read verse 9. What about Nehemiah's example is compelling here? What role can prayer play in helping us overcome our fears?
- Nehemiah had confidence in God's power to help him and the people overcome every obstacle to the mission moving forward. Why is faith in God's power so critical to moving forward in mission? How do you want to grow in your own faith for God to move?
- Consider taking time to pray, asking God to help us to overcome fears that may be holding us back and that He would grant us more faith to see Him move in powerful ways.