



Navigators Discipleship Tool



Praying Like Nehemiah in Difficult Times

When Nehemiah heard the devastating news that the walls of Jerusalem had been destroyed, he first wept, then mourned, fasted, and prayed for days (Nehemiah 1:4).

Throughout Scripture, we see God's people turning to Him in times of difficulty to seek assurance and guidance. Reading and studying Nehemiah's first recorded prayer in Nehemiah 1 will equip you to pray for those enduring times of difficulty in your family, town, country, and across the world.

Read Nehemiah's Prayer in Nehemiah 1:5-10

"Lord, the God of heaven, the great and awesome God, who keeps his covenant of love with those who love him and keep his commandments, let your ear be attentive and your eyes open to hear the prayer your servant is praying before you day and night for your servants, the people of Israel. I confess the sins we Israelites, including myself and my father's family, have committed against you.

"We have acted very wickedly toward you. We have not obeyed the commands, decrees and laws you gave your servant Moses.

"Remember the instruction you gave your servant Moses, saying, 'If you are unfaithful, I will scatter you among the nations, but if you return to me and obey my commands, then even if your exiled people are at the farthest horizon, I will gather them from there and bring them to the place I have chosen as a dwelling for my Name.'

"They are your servants and your people, whom you redeemed by your great strength and your mighty hand. Lord, let your ear be attentive to the prayer of this your servant and to the prayer of your servants who delight in revering your name. Give your servant success today by granting him favor in the presence of this man" Nehemiah 1:5-10 (NIV).

Name the Sections of Nehemiah's Prayer

After reading through Nehemiah 1:5-10, divide his prayer into sections and give a label to each section. For example, you may want to include elements similar to the [Prayer Hand](http://navlink.org/prayer-hand) resource (navlink.org/prayer-hand) for these sections: Confession, Petition, Intercession, Thanksgiving, Praise.

What Do You Learn from Nehemiah's Prayer Life?

Can you discover any elements in Nehemiah's prayer that you might find useful as a model for your own prayer life? If so, what are they and how might you incorporate them?

Then, list everything you observe from Nehemiah 1:5-10 about the character of God. How do these specific character qualities of God intersect with what Nehemiah needs?

Where to Find Nehemiah's Prayers

One of the most striking characteristics of Nehemiah was his recourse to prayer throughout the book. Continue to read through the book of Nehemiah, noticing how often he prays and how he prays. Those who are the boldest for God have the greatest need to be in prayer. Discover how this first prayer led Nehemiah to call on the people to rebuild the walls of Jerusalem after a time of exile and destruction.

☐ Nehemiah 1:5-10

☐ Nehemiah 4:4-5

☐ Nehemiah 6:9,14

☐ Nehemiah 13:14,22,29

☐ Nehemiah 2:4

☐ Nehemiah 5:19

☐ Nehemiah 9:5-38