





1. Sit Down to Cry.

"When I heard these things, I sat down and wept." Nehemiah 1:4



· What Breaks Your Heart?



2. Kneel Down to Pray.

"...For some days I mourned and fasted and prayed before the God of heaven."

Nehemiah 1:4



3. Stand Up to Act.

"So the king asked me, "Why does your face look so sad when you are not ill? This can be nothing but sadness of heart." I was very much afraid, but I said to the king, "May the king live forever! Why should my face not look sad when the city where my ancestors are buried lies in ruins, and its gates have been destroyed by



3. Stand Up to Act.

fire?" The king said to me, "What is it you want?" Then I prayed to the God of heaven, and I answered the king, "If it pleases the king and if your servant has found favor in his sight, let him send me to the city in Judah where my ancestors are buried so that I can rebuild it."

Nehemiah 2:2-5



Application-

What is God <u>speaking</u> to you about today?



Application-

- What is God <u>speaking</u> to you about today?
- Take time to <u>pray</u> about your <u>burden</u>.

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Application-

- What is God <u>speaking</u> to you about today?
- Take time to pray about your burden.
- What is the next step for you?

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