



RESTORATION 2

Restoration continues with rebuilding.

Last week we discussed how restoration begins with repentance. This week we will continue on to rebuilding. Rebuilding is hard work, in fact usually far more than just building from scratch. If you've ever rebuilt from a loss, then you know what I mean. But the good news is that God will give us all the peace, hope, wisdom, courage, and strength we need to rebuild. Let's talk about it.

Discussion Questions

1. Read Nehemiah 2:17-18. Describes Nehemiah's heart as he considered rebuilding the walls. How did he feel about the condition of the walls? How did the people respond to Nehemiah's call to rebuild?
2. Why is it more important to ask "what's next" as opposed to "why me"?
3. Pour out your emotions to God. The first step in rebuilding is releasing our emotions to God. Read Psalm 18:4-6. Describe what David did while in distress? Did God hear him? Have you ever cried out to God? Describe how you feel about the fact that God hears you. How do you usually deal with your emotions?
4. Reject bitterness. Loss can make you bitter. Read Hebrews 12:15. Why is bitterness "poisonous"? What can you do to avoid bitterness?
5. Re-evaluate. Loss forces us to re-evaluate what is really important. What did Jesus say about this in Luke 12:15? How do you measure your life?
6. Let others help. You were not designed to go through life alone. Read Romans 12:5. How does Paul describe the church? What stands between you and asking others for a hand?
7. Rely on God. God gives us peace (Isaiah 26:3), hope (Psalm 62:5), wisdom (Psalm 16:7), courage (Psalm 3:3), and strength (Isaiah 12:2), all of which are vital in rebuilding. Describe how each of the above will help you rebuild from a loss.
8. Don't get discouraged. Sometimes the best you can do is stand firm. What did Jesus say about that in Luke 21:19. Check out 2 Corinthians 1:21. What does Paul say about standing?
9. Reach out. Sometimes the best way to deal with loss, and begin rebuilding, is to help others. List some ways you can help people around you? Why would that help you rebuild?