

Can You Handle an Answered Prayer

LifeGroup Lesson

October 29, 2017

Nehemiah 2:1-10

OPENING PRAYER:

Holy God, prepare us, we pray, for the reading and study of your Word. May it challenge us, encourage us, inspire us and convict us. Thank you that your Word is dynamic, life-giving, and always relevant to our lives. Amen.

BREAKING THE ICE:

- What did you agree/disagree with the LifeTalk this week?
- Have you ever been influenced by someone in a subordinate/employee situation? Describe the experience and the characteristics.

WRESTLING WITH THE WORD:

Read Nehemiah 2:1-10

- What did you hear in this scripture?
- How do you remain faithful in difficult situations, sadness, waiting?
- Does success pose a threat to a believer's walk? Discuss ...
- What was Nehemiah doing during his spare time? What was his concern? What do you learn from Nehemiah?
- How does Nehemiah prepare for his formal request? What does this teach you about living your life?

Prayers from the Scriptures: Read the following prayers from the Bible. What is being prayed for? What does this prayer teach you and how can it change your life? 1 Chronicles 4:10, Luke 1:46-49, Luke 18:13, Psalm 25:1-2, 1 Samuel 2:1-2, Judges 16:28-30a, Daniel 4:3, Habakkuk 3, Matthew 8:2, 1 Kings 7:3-9

Prayer Practice – The Examin is an ancient prayer practice that brings us focus and power. You may do this practice in silence or some choose to journal or write down each step.

1. **Become aware of God's presence** – Look over the day and consider where God has been present. Review the chaos and the fast pace; ask the Holy Spirit to provide clarity and focus.
2. **Review the day with gratitude.** – Our relationship with God begins with prayer. Reexamine your day with a sense of gratitude and acknowledge God's presence.
3. **Pay attention to your emotions.** – Review the day again and experience or focus on your emotions throughout the day – frustration, joy, anger, elation, sadness, etc. What experience would you do differently? What sins come to mind and confess those to God.
4. **Choose one feature of the day and pray from it.**
5. **Look toward tomorrow.** – Seek God's guidance, direction and hope for tomorrow. Review your day with God.

NEXT STEPS:

- How will your life be different based upon what you have learned in this week's scripture, lesson and/or LifeTalk?
- Practice the Examin this week
- The Book of Common Prayer includes the Daily Hours (prayers for each hour of the day). Purchase it and use it to direct your day or pray the other written prayers provided.

PRAYER FOR THE WEEK:

God, give me the courage to be revolutionary as your Son Jesus Christ was. Give me the courage to loosen myself from this world. Teach me to stand up free and to shun no criticism. God, it is for your kingdom. Make me free, make me poor in this world; then I will be rich in the real world, which this life is all about. God, thank you for the vision of the future, but make it fact and not just theory. (Henri Nouwen, *With Open Hand*)