

## **SERIES: “Running With the Giants”: Week 4**

### **Week 4: Nehemiah**

**Take a few moments to check in —**

Over the past few weeks, we’ve taken a closer look at Joseph, Esther and Gideon. Who was your favorite person to hear about and why?

#### **Discussion Questions:**

[1] When you pause and think of people who have risked greatly for God and His kingdom, who comes to mind and why?

[2] As you reflect on Nehemiah’s story and what we explored in this weekend’s message, what stood out to you the most?

[3] Read Nehemiah 1:1-4 together, then discuss:

What broke and crushed Nehemiah’s heart, and why?

Are there any issues, circumstances or situations that crush your spirit?

[4] Read Nehemiah 2:1-6 together, then discuss:

Why are we sometimes hesitant or resistant about asking for help?

What qualities did the king demonstrate that would be good for us to imitate?

[5] Read Nehemiah 4:1-2, together, then discuss:

Can you think of a time when you stepped up to make a difference, only to be put down or made fun of for doing so? What was that like?

Do you ever sense the enemy trying to get you to give up or quit? If so, what are some good verses, attitudes or perspectives to consider when that happens?

[6] In the message, we examined four ways discouragement can show up in our lives — Fatigue, Rubble, Inadequacy and Fear. Here are two questions to consider:

Which of these four is your personal, more common way of giving into discouragement?

Are you experiencing any of these symptoms or feelings right now? If so, share it with the group and then take a moment to pause and pray over each other before continuing your discussion.

[7] Here are five things Nehemiah did to help the Jewish people defeat discouragement: #1, He called a timeout; #2, He invited them to refocus; #3, He taught them to be prepared; #4, He made sure they had a plan; and #5, He encouraged them to get back to work.

As you think about discouragement in your life, which of these five practices seems to be the one thing you need to lean into right now?

Can you think of anyone who could use your encouragement, just as Nehemiah did for his people? Who is it, and how do you think you could best help?

[8] Pastor Steve shared an interesting historical note — The Greeks had a race in their Olympics that was unique, in that the winner was not the runner who finished first but rather the runner who finished with his torch still lit. Read 2 Timothy 4:7, then discuss:

What is the absolute best way for someone to encourage you to remain faithful, keep the faith and never give up?

### **Wrap Up:**

Close in prayer, asking God to help you overcome discouragement, look for ways to encourage others and keep the faith.