

Podcast Worksheet
Trusting God's Perspective: Lessons from Nehemiah

Scriptural Texts:

Nehemiah 1 and 2; Isaiah 43:19

Main Points:

1. We will never see and understand God by looking at ourselves as a reference point.
2. Nehemiah's 5-step process was this: He sat down, wept, mourned, fasted, and prayed.
3. When we've been hit with something hard or painful, we need empty time to be able to pray, process, and think about what is going on inside us.
4. Our feelings are given to us by God and need to be expressed.
5. At the beginning of Nehemiah's painful event, he acknowledged God's faithfulness and love.
6. Nehemiah knew God was more powerful than his problems, and that God would protect him and provide for his needs.
7. When our beliefs are true, and we have the Peak Perspective (God's perspective), then God can accomplish amazing things in and through our life.

Questions:

1. Describe a painful event in your life. What is your perspective about this? How do you think God might view this?

2. What part of Nehemiah's 5-step process would be helpful to add to your life? Why did you choose this one?

3. What false beliefs make it difficult for you to believe God will protect you, provide for you, or use his power to help you?

Prayer of Response:

Lord God, please help me work through my painful events in a more effective way. Help me learn to stop and acknowledge something hard is happening and express the feelings I have. I know I need to trust you will take care of me. Please forgive me for believing these false beliefs: _____. I choose to believe you will always be my provider, protector, and source of power. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____
