

THE BOOK OF NEHEMIAH



5. Conquering Fear

Introduction

Nehemiah and the people had built the wall until it reached half its' height. Although Sanballat and Tobiah had tried to discourage them, they had continued working with all their hearts. This enraged their enemies! They plotted to stop the work, but despite their threats Nehemiah and the people conquered fear, and did not give up.

Scripture Reading: Nehemiah 4:6-23

- ✿ What was Sanballat, Tobiah and the others plotting to do? Nehemiah 4:8, 11

(They were plotting to come and fight against Jerusalem, stir up trouble and kill the people in the city, to stop the work.)

- ✿ What affect did this have on those who were building the walls? Nehemiah 4:10, 14

(They became discouraged and fearful.)

Isn't this was our enemy Satan tries to do? He wants to hinder us from serving the Lord by wearing us down and making us afraid.

- ✿ How did Nehemiah and the people overcome fear and deal with the threats of their enemies? Nehemiah 4:9, 13, 14, 16-18, 20, 22

(First of all they prayed! Then they posted guards and also families to watch over the exposed places on the wall. Nehemiah reminded the people of who their God was and encouraged them not to be afraid. All who worked were told to have their weapons with them and there were officers behind all the workers.)

- ✿ What lessons can we learn from this passage to help us overcome fear in our lives? Can you think of any verses in the New Testament that teach us these same truths?

(There are so many wonderful lessons we can learn from this story.

- *We too need to commit everything to the Lord.*
- *We need to guard our lives so the enemy does not infiltrate.*
- *Like those in Nehemiah's time we need to keep our spiritual weapons with us.*
- *We need to encourage one another not to be afraid and to stand firm.*
- *Leaders should stand guard over those in their care.)*

Conclusion

Fear can paralyze us! The enemy knows this and uses this as a weapon against us. This is what happened in the time of Nehemiah, but they called out to the Lord and put their trust in him. From that time on they made sure they had weapons to protect and defend themselves, and worked closely together.

God has given us the sword of the Spirit, which is the Word of God that we can use against the enemy's attacks and spiritual armour so we can protect ourselves. It tells us 365 times in the Bible not to be afraid – that is one for every day! One of those verses is in Isaiah 41:10 where it says, "So do not fear, for I am with you; do not be dismayed for I am your God."

