



Series: Arise  
We Bend the Knee!  
Nehemiah 1:5-11

### **Discussion Questions**

1. Share a story or two of how important you've found preparation to be long beforehand when rising up to build/rebuild something/anything?
2. Nehemiah prayed for roughly four months before his encounter with the King. How intense is your prayer workout as you cry out to Him, long before beginning to build/rebuild anything? Discuss.
3. Prayer and Intercession begins with worship (Matthew 6). Discuss why we struggle with this connection? Why do we move so quickly past it? Where are we in such a rush to go?
4. Confessing and repenting of our sin is crucial in God hearing our petitions. How has your sin hindered your walk with God? Your prayer life? Your relationships with others? What sin needs your attention now?
5. God used Nehemiah, a humble cupbearer, in part because he was a persistent and determined knee-bender. Seek the Lord together in prayer, asking Him for illumination about your knee-bending life.

### **Closing Questions:**

- A. What did the Holy Spirit TELL YOU during the teaching Sunday?
- B. What did the Spirit tell you to DO about it?
- C. How can we HELP YOU by our prayers and support?