

GBC Discipleship RESOURCE



Renovation: Rebuilding for Purpose

Week 01 | A Heart Stirred By God (Nehemiah 1:1-11)

For a brief overview of why (and how) to engage in each of these practices, you can read the Guideline For Growing on our website.

<https://www.gymeabaptist.org.au/growing/pages/guideline-for-growing>

WHAT IS A DISCIPLESHIP MENU?

A discipleship menu is a selection of discipleship activities to engage in to continue the conversation that begins on Sunday throughout the week. The aim is to extend our interaction as a community of faith around activities that help us follow Jesus every single day. The activities vary from week to week (though there are some standard activities) and you are encouraged to do as many as you find helpful (like a menu; you don't need to eat everything on it!). Do them on your own (God and you), with a couple of friends (you and a few), or in a Life Group (you and a crew). The important thing is to do a few!

GBC SERMON PODCAST AND THE BIG 3 PODCAST

As always, you may want to review this week's sermon and you can listen to it again on the GBC Sermon Podcast. The sermon is usually uploaded by Monday afternoon. You can also listen in to the Big 3 podcast; a weekly podcast where Matt, Jess, and Marc sit down and continue the conversation by engaging in three big questions raised by the congregation about the sermon. The Big 3 comes out on Wednesdays.

OVERVIEW

This week we launched our theme for 2022 – Renovation: Rebuilding for Purpose – and started a new series in Nehemiah. In the opening chapter of this book Nehemiah hears a report about the people in Jerusalem from his brother. And the news is not good. They are in great trouble and disgrace and the walls have been torn down. Nehemiah is cut to the heart and spends days mourning, fasting, and praying that he might have God's favour with the king. The lessons from Nehemiah's experience are good ones for us. For change to happen we need our hearts stirred by God. A heart stirred by God is one that is moved to prayer; reflecting on God's character, reviewing his purposes, and recognising our failures. And a heart that is stirred and has turned to prayer is a heart that is open to hear the invitation of God to join in his plans to make all things new.

PASSAGES TO READ

We believe that the Word of God is living and active and that reading and reflecting on it is one way we encounter God. As you read we encourage people to ask a set of simple questions: What stands out to you? What questions do you have? What is the invitation of God to you? Who can you tell?

- Nehemiah 1:1-11
- Exodus 19:4-6
- 1 Kings 8:22-61
- Matthew 5:13-16
- Psalm 122
- Revelation 21:9-27

QUESTIONS TO REFLECT ON

These questions can be used as the basis of a small group discussion or as journal questions. As with the rest of this menu, use the questions that are most useful for you or your crew.

1. Emotion and imagination is critical to affect change in our lives. Consider a change you have made in your life. What was the role of emotion in that process?
2. Describe a time when you believe your heart was moved by God.
3. If you were Hanani (1:2) and were asked to describe the situation of our community of faith to someone, what would you say? Where do you see the hand of God? What obstacles to fulfil our purpose do you see?
4. Nehemiah saw a back-channel to approach the king – cupbearers were not diplomats or ambassadors – in other words, he sensed an invitation from God in his position. What is true about your current situation in life that God might be prompting you to see as an invitation? What relationships do you have? What margin do you have? What opportunities? What resources?

A PRAYER TO PRAY

This week there are three prayers to pray!

Pray that the Lord would stir your emotions for the sake of his purpose and his people.

Nehemiah's prayer reflected on God's character, reviewed God's purposes, and recognised his own failures. Write a prayer that does the same.

Pray that as our hearts are stirred and moved to prayer that we would be ready to hear God's invitation to us.