

An Evening of SPIRITUAL BREAKTHROUGH



Lessons From the Life of Nehemiah

When Nehemiah found out that the walls of Jerusalem were broken down and burned...and that his family was in trouble, he started out on a rebuilding process. It's the same process God takes us through when we finally recognize that the walls of our lives are broken down. That there are areas of our lives that are out of control, whether it's a bad habit, a bad attitude, a negative mental outlook or a full-fledged addiction.

Like a city whose walls are broken through is a person who lacks self-control. Proverbs 25:28



#1 - He Cried Out to God in Prayer

Have you gotten down on your knees and acknowledged, “God, I’m not free to live the way I know I ought to live. The way I *want* to live. I keep making resolutions to change...but I never do. At least not for long.” Admitting that the broken down walls are not only affecting you but endangering your family is a key place to begin the journey.

*When I heard these things, I sat down and wept.
For some days I mourned and fasted and prayed
before the God of heaven.
Nehemiah 1:4*



#2 - He Asked for Forgiveness

Nehemiah asked God to forgive, not only his sins, but the sins of his family going back for generations. Not only for himself but for his family. There may be destructive sin patterns that have existed in your family for generations — whether it's anger issues, alcoholism, broken relationships. Ask God to forgive all the pain sin has inflicted throughout past generations of your family.

I confess the sins we Israelites, including myself and my father's family, have committed against you. Nehemiah 1:6



#3 - Nehemiah Waited for God to Respond

Nehemiah prayed...and then waited for God to tell him what to do. He didn't throw out his prayer and then run down the field with the ball; he waited for God to tell him what to do next. Do you pray and then go your merry way? Running with your own plan? We don't like to wait because "in the meantime" can be a mean time. What's happened in the past when you've run ahead of God? Why not embrace the waiting...and listening process?



#4 - Nehemiah Made His Needs Known Honestly... without covering anything up.

Nehemiah wasn't afraid to be transparent, even in front of someone who's high opinion really mattered to him. He was willing to be vulnerable. He didn't tell everyone his problems. But did make his legitimate needs known to someone who was in a position to help him. Have you been guilty of either extremes: telling *everyone*...or not telling those who can actually help?

Why should my face not look sad when the city where my ancestors are buried lies in ruins, and its gates have been destroyed by fire?" Nehemiah 2:3



#5 - Nehemiah Accessed The Damage

You have to be honest about the damage. You can't just put a carpet over it and say, "Everybody step over these lumps and bumps; let's just pretend they're not there." No, there's been damage done and before the rebuilding can happen, we—like Nehemiah—must acknowledge the extent of the damages. In whatever area you've not practiced self-control (because you are not free), it's affecting everyone around you.

You see the trouble we are in: Jerusalem lies in ruins, and its gates have been burned with fire. Nehemiah 2:17



#6 - Nehemiah Asked for Help

Once he made a realistic assessment of the damage, he asked for help. Notice he says, "Come, let us." He acknowledges that repairing a lot of damage requires support from other people. Yes, from God. But we need people, too! If you could become the person you want to be, the person God intended for you to become, on your own without help...you wouldn't be reading this. Ask for help. Come, friend, let us rebuild your life.

*Come, let us rebuild the wall.
Nehemiah 2:17*



#7 - Nehemiah Focused on God, Not the Problem

Nehemiah isn't in denial. God isn't an "escape." He was honest about the problem, he assessed it, he inventoried the damage — so he knows all about the problem. But he makes a conscious decision not to focus on it. Again, people go to two extremes and perhaps you have in the past. Are you either denying your problems...or being so consumed by them that you can't see anything else? The answer is trusting God.

I also told them about the gracious hand of my God on me and what the king had said to me. Nehemiah 2:18



#8 - He Came Up With A Plan and Worked the Plan

In Nehemiah chapter 3, we see that he comes up with a plan and then goes to work on that plan. Not everybody was happy about his plan, not everybody was on board with it. In fact, he had very little support. But that didn't stop him.

Do you have a plan to experience spiritual breakthrough...and are you actually *working* that plan? Very few people do! They will invest in a daily Starbucks, but they won't invest in a plan to become who God wants them to be. *How about you?*



#9 - He Prepared for Opposition

When you determine to break free from the strongholds of your past, to rebuild the walls of self-control and start living differently, some people will feel threatened. They will mock you, attack you and try to discourage you. That's what happened to Nehemiah, too. But instead of listening to them and getting discouraged, he prayed.

You should expect and be prepared for opposition. Because it will come.

They all plotted together to come and fight against Jerusalem and stir up trouble against it. Nehemiah 4:8



#10 - Nehemiah Set Up Protection and Even An Extra Watch in the Weak Areas

The simple fact is: we *all* have weak areas. Even Paul, the super-Apostle, had his “thorn in the flesh.” Whether it’s your temper or emotional eating, the key to spiritual breakthrough is setting up extra protection in those areas. *Who are you accountable to? What types of protections have you established?* If the answer is no one and none... you will never walk in freedom.

*But we prayed to our God and posted a guard day and night to meet this threat.
Nehemiah 4:9*



Nehemiah did many other things, including continuing to focus his attention on God. He didn't expect rebuilding his world to be an easy process, but he knew with God's help, it could be done. He understood the importance of taking care of himself, so he could have the strength to complete the work of restoration. And through it all, he was always willing to take a stand for what was right.

How about you?

Are you ready to put yourself in a position where you can finally rebuild the broken down walls of self-control, by the power of the Holy Spirit? Are you willing to ask for help, be accountable, and commit to a plan for your spiritual progress? Are you ready to rebuild your life, with God's help and the



support of people who genuinely care about you?

If so, we would love for you to prayerfully consider joining us for an incredible journey:

Beyond Breakthrough: 21 Days to Total Freedom in Christ.

You can learn more at www.donnapartow.org/free

We look forward to standing with you as you—by the power of the Holy Spirit—begin to live in absolute freedom.

Blessings,

Deanna & Donna



Deanna Allen, The Prison Lady, is a passionate encourager whose background of life lessons and recovery experience give her a unique perspective and remarkable voice to speak into the hearts of women desiring to get to their next level.

She speaks at conferences and retreats around the country. She is passionately about empowering women to experience spiritual breakthrough.



Donna Partow is the Founder of Women's Empowerment University. She has authored 28 books with sales in excess of 1.1 million. She's delivered thousands of keynote messages on 6 continents; equally effective empowering pastors gathered in a mud hut in Africa or employees at the CIA Headquarters in Langley, Virginia.

Donna has a unique ability to empower her listeners to make significant life decisions, implement life change and most of all, experience spiritual breakthrough. Perhaps her greatest gift is her ability to accurately hear and boldly proclaim God's highest and best will for someone's life.

