

WOMEN'S BIBLE STUDY

RESTORED

LESSONS IN NEHEMIAH

Lesson 2 – Pray Effectively

Nehemiah 1:4-11

When Nehemiah heard the devastating news that his fellow countrymen were in distress and Jerusalem laid in ruins, it stirred him into action. He is what we would refer to today as a “first responder” – only his first response was prayer! He immediately went before the Lord, poured out his heart and waited for God’s perfect plan to unfold. In today’s lesson, we will see the steps Nehemiah took when he brought his petition to the Lord. First, he praised God for who He is. Next, he confessed and repented for the sins of the people and for his own sins as well. Only after these steps were taken do we see Nehemiah bringing his request to God for the restoration of His people. This is a great demonstration of how to pray effectively. When you go to God, remember to begin with praise, confession, and repentance before bringing your requests to Him.

Open your Bible and begin with a word of prayer

This Week’s Scripture: Nehemiah 1:4-11

⁴So it was, when I heard these words, that I sat down and wept, and mourned for many days; I was fasting and praying before the God of heaven. ⁵And I said: “I pray, Lord God of heaven, O great and awesome God, You who keep Your covenant and mercy with those who love You and observe Your commandments, ⁶please let Your ear be attentive and Your eyes open, that You may hear the prayer of Your servant which I pray before You now, day and night, for the children of Israel Your servants, and confess the sins of the children of Israel which we have sinned against You. Both my father’s house and I have sinned. ⁷We have acted very corruptly against You, and have not kept the commandments, the statutes, nor the ordinances which You commanded Your servant Moses. ⁸Remember, I pray, the word that You commanded Your servant Moses, saying, ‘If you are unfaithful, I will scatter you among the nations; ⁹but if you return to Me, and keep My commandments and do them, though some of you were cast out to the farthest part of the heavens, yet I will gather them from there, and bring them to the place which I have chosen as a dwelling for My name.’ ¹⁰Now these are Your servants and Your

people, whom You have redeemed by Your great power, and by Your strong hand. ¹¹O Lord, I pray, please let Your ear be attentive to the prayer of Your servant, and to the prayer of Your servants who desire to fear Your name; and let Your servant prosper this day, I pray, and grant him mercy in the sight of this man.” For I was the king’s cupbearer.

This Week’s Memory Verse:

Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

James 5:16(NKJV)

1. Like Nehemiah, we live in a broken down world amongst hurting people. Read Nehemiah 1:4. What was his first response upon hearing the bad news about Jerusalem? _____

- a. Now read Nehemiah 1:6. Who and what does he pray for? _____

2. Think about your own life for a moment. How do you respond when you hear sad and overwhelming news about those you love? What is usually your first response? _____

3. Read the verses below and share any insight you gain regarding how to pray effectively.
 - a. Matthew 26:41: _____

 - b. Luke 18:1: _____

 - c. 1 John 5:14: _____
