

# LESSON 14 - PREVENTING BURNOUT AND PRESERVING POWER - NEHEMIAH 13:15-30

## DAY 1 - REVIEW

1. What did you find helpful in the Commentary Notes?
2. What did you find helpful from the lecture?

## DAY 2 - READ NEHEMIAH 13:15-18

READING: *Nehemiah 13:15-18; Genesis 2:1-3; Exodus 20:8; Exodus 34:21; Isaiah 58:13-14; Matthew 12:11-13* [[Open NKJV](#)] [[Open NIV](#)]

3. Describe what Nehemiah observed the men of Judah doing on the Sabbath.
4. Using only today's passage, how did Nehemiah respond to this behavior?
5. Write down something you learn about the Sabbath day command from each of the following cross references:

Genesis 2:1-3

Exodus 20:8

Exodus 34:21

Isaiah 58:13-14

Matthew 12:11-13

6. (Note: The Sabbath was the last day of the week. New Testament Christians started meeting on the 1st day of the week.) **Thought Question:** In view of the cross references above, how can you apply the principle of keeping the Sabbath (or one day weekly) set apart for acknowledging/honoring God and His commands?

## **DAY 3 - READ NEHEMIAH 13:19-22**

READING: Nehemiah 13:19-22; Nehemiah 13:18; Deuteronomy 6:5; Psalm 119:139; Isaiah 62:1; Colossians 1:29; Colossians 3:23 [[Open NKJV](#)] [[Open NIV](#)]

7. What action did Nehemiah take recorded in verse 19?

8. **Thought Question:** Why was Nehemiah reacting so strongly in verse 18 to those who sold goods on the Sabbath?

9. **Personal Question:** Reflect for a moment how seriously Nehemiah took his convictions from God. Is there any conviction God has given you that needs similar obedience to Nehemiah's?

10. How could you apply each verse below to your own life?

Deuteronomy 6:5

Psalm 119:139

Isaiah 62:1

Colossians 1:29

Colossians 3:23

11. **Thought Question:** According to the last part of verse 22, do you think Nehemiah was appealing to God because of his own obedience or because of God's mercy? Explain your answer.

## **DAY 4 - READ NEHEMIAH 13:23-27**

READING: Nehemiah 13:23-27; 1 Kings 11:1-6 [[Open NKJV](#)] [[Open NIV](#)]

12. From verse 23, list the nations from which some men of Judah found wives.

13. **Thought Question:** Why was Nehemiah so upset that one-half of the children did not know how to speak the language of Judah?

14. How did Nehemiah respond to these ungodly marriages in verse 25?
15. **Personal Question:** What lesson do you learn from Nehemiah's reaction to his peoples disobedience to the will of God?
16. Read about Solomon's turning from God in 1 Kings 11:1-6. Write down Solomon's steps of unfaithfulness. In other words, what actions did he take in turning from God?

## **DAY 5 - READ NEHEMIAH 13:28-31**

READING: *Nehemiah 13:28-31; Nehemiah 13:4-6* [[Open NKJV](#)] [[Open NIV](#)]

17. Why did Nehemiah drive away the grandson of the high priest, Eliashib?
18. Consider the actions of Eliashib, the high priest, recorded in Nehemiah 13:4-6. What negative influence might his actions have made in his grandson's life? Use Nehemiah 13:28.
19. Using verse 29, what was Nehemiah's bottom line reason for being upset with the high priest, Eliashib, and his family?
20. After Nehemiah prayed in verse 29, what action did he take in verse 30?
21. What principle is seen from today's passage?
22. **Personal Question:** What will you do to apply this principle to your own life?

## **DAY 6 - RE-READ NEHEMIAH 13:15-30**

READING: *Nehemiah 13:15-30* [[Open NKJV](#)] [[Open NIV](#)]

23. Make a list of the main issues that Nehemiah addressed with his people in this week's passage.

24. **Personal Question:** From your list of issues, which one needs attention in your own life?
25. In view of our study of this book of Nehemiah, write a 20 word (or less) sentence about what you think of its author.