

Reality Check
Nehemiah Chapter 1
on the job MeltDown

I work here:



...and then reality hit
because my family lives here



Artaxerxes I & Shushan the Palace



Nehemiah 2: 1 And it came to pass in the month Nisan, in the **twentieth year of Artaxerxes** the king, *that wine was before him*: and I took up the wine, and gave *it* unto the king.

Flavius Josephus Chapter 5; 100A.D.

www.jewishencyclopedia.com

King Artaxerxes I also had another name known as Longimanus because his right hand was longer than his left one.

Aug 480 BC Battle of Thermopylae. 300 Spartans under King Leonidas and other Greek allies hold back the Persians led by Xerxes I (Artaxerxes' dad) for three days but are defeated.

Israel's 3rd strike captivity

Chronology of the Return from Exile

Persian Kings	Dates of Reign	Bible Events	Scripture References	Dates
Cyrus	599-530 BC	Edict of Cyrus 1 st return 1 st Group of 49,897 returned under Zerubbabel to build the Temple	Ezra 1:1-4 Ezra 2	538 BC 538 BC
Cambyses Smerdis Darius 1	530-522 522 521-486	The altar and the Temple	Ezra 3:1-4:5	536 BC
		Haggai prophesied Zechariah prophesied	Book of Haggai Book of Zechariah	520 BC 520-518 BC
		The Temple completed	Ezra 5-6	516 BC
Xerxes (Ahasuerus)	485-465	Accusation against Judah Esther becomes queen	Ezra 4:6 Esther 2:17	486 BC 479 BC
Artaxerxes I	464-424	Artaxerxes stops the rebuilding and repairs at Jerusalem 2 nd return with 4-5,000 return under Ezra to repair the Temple	Ezra 4:7-25 Ezra 7-10	464-458 BC 458 BC
		3 rd return under Nehemiah to build the city walls of Jerusalem	Book of Nehemiah	444 BC
		Nehemiah's 2 nd return	Nehemiah 13:6	430 BC(ish)
		Malachi prophesied	Book of Malachi	450-430BC.

Nehemiah Chapter 1

(This chapter is also explained in 2 Kings 25:8-21)

1 The words of Nehemiah the son of Hachaliah. And it came to pass in the month Chisleu, **in the twentieth year**, as I was in Shushan the palace,

2 That Hanani, one of my brethren, came, he and *certain* men of Judah; and I asked them concerning the Jews that had escaped, which were left of the captivity, and concerning Jerusalem.

3 And they said unto me, The remnant that are left of the captivity there in the province *are* in great affliction and reproach: the wall of Jerusalem also *is* broken down, and the gates thereof are burned with fire.

4 And it came to pass, when I heard these words, that I sat down and wept, and mourned *certain* days, and fasted, and prayed before the God of heaven,

5 And said, I beseech thee, O LORD God of heaven, the great and terrible God, that keepeth covenant and mercy for them that love him and observe his commandments:

6 Let thine ear now be attentive, and thine eyes open, that thou mayest hear the prayer of thy servant, which I pray before thee now, day and night, for the

children of Israel thy servants, and confess the sins of the children of Israel, which we have sinned against thee: both I and my father's house have sinned.

7 We have dealt very corruptly against thee, and have not kept the commandments, nor the statutes, nor the judgments, which thou commandedst thy servant Moses.

8 Remember, I beseech thee, the word that thou commandedst thy servant Moses, saying, *If ye transgress, I will scatter you abroad among the nations:*

9 But *if ye turn unto me, and keep my commandments, and do them; though there were of you cast out unto the uttermost part of the heaven, yet will I gather them from thence, and will bring them unto the place that I have chosen to set my name there.*

10 Now these *are* thy servants and thy people, whom thou hast redeemed by thy great power, and by thy strong hand.

11 O Lord, I beseech thee, let now thine ear be attentive to the prayer of thy servant, and to the prayer of thy servants, who desire to fear thy name: and prosper, I pray thee, thy servant this day, and grant him mercy in the sight of this man. For I was the king's cupbearer.

MY Reality Check

1. I LOST

2. I FELT

3. I WORKED AT

admit your failures and don't justify

I NEED TEAM FRIENDS

life has bad days. I'll keep working.

Reality Check MeltDown – Chapter 1

Israel felt confident that all was well until their destruction led to captivity. Nehemiah was on the job when he heard about the destruction to his hometown. He had a “reality check – meltdown”

1. The Damage was DONE

v. 3 And they said unto me, **The remnant that are left of the captivity there in the province are in great affliction and reproach: the wall of Jerusalem also is broken down, and the gates thereof are burned with fire.**

- **Remnant**
- **“Captives” of miserable condition**
- **Walls Broken down**
- **Gates Burned**

2. Overwhelming Emotion

v. 4 And it came to pass, when **I heard** these words, that **I sat down and wept, and mourned** *certain* days, and **fasted**, and **prayed** before the God of heaven,

- **Heard it**
- **Felt it**
- **Cried it**
- **Blanked out**
- **Fasted & Prayed it**

3. Don't Quit Your Day Job

1 The words of Nehemiah the son of Hachaliah. And it came to pass in the month Chisleu, **in the twentieth year, as I was in Shushan the palace**, 11 O Lord, I beseech thee, let now thine ear be attentive to the prayer of thy servant, and to the prayer of thy servants, who desire to fear thy name: and prosper, I pray thee, thy servant this day, and grant him mercy in the sight of this man. **For I was the king's cupbearer**

- **He was young**
- **He worked at the Palace**
- **He had an important job**

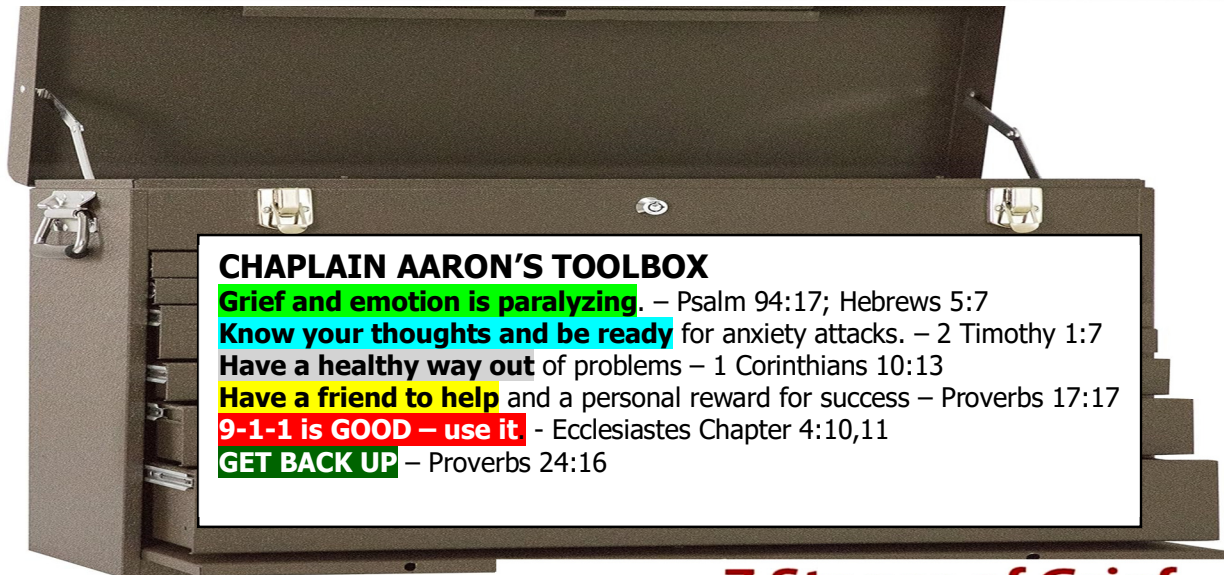
Nehemiah Chapter 1:6-9 confess my wrongs to God. & 1 John 1:9 “Casting all you cares upon him (Jesus) for he careth for you.” 1 Peter 5:7 & Matthew 6: 31 “...your heavenly Father knoweth that ye have need of all these things”

Crying is human. It works; but don't live there. You have a job to keep. Have a team friend for tough days.

LIFE CAN CATCH YOU OFF GUARD – just read the Book of Job

Life Event	Value
Death of a spouse	100
Divorce	73
Marital separation	65
Jail term	63
Death of a close family member	63
Personal injury or illness	53
Marriage	50
Fired at work	47
Marital reconciliation	45
Retirement	45
Change in health of family member	44
Pregnancy	40
Sex difficulties	39
Gain of new family member	39
Business readjustment	39
Change in financial state	38
Death of a close friend	37
Change to a different line of work	36
Change in number of arguments with spouse	35
Home mortgage over \$100,000	31

Life Event	Value
Foreclosure or mortgage or loan	30
Change in responsibilities at work	29
Son or daughter leaving home	29
Trouble with in-laws	29
Outstanding personal achievement	28
Spouse begins or stops work	26
Begin or end school	26
Change in living conditions	25
Revision of personal habits	24
Trouble with boss	23
Change in work hours or conditions	20
Change in residence	20
Change in schools	20
Change in recreation	19
Change in church activities	19
Change in social activities	18
Mortgage or loan of less than \$100,000	17
Change in sleeping habits	16
Change in number of family get-togethers	15
Change in eating habits	15



7 Stages of Grief

(Modified Kubler-Ross Model)

Shock*	• Initial paralysis at hearing the bad news.
Denial	• Trying to avoid the inevitable.
Anger	• Frustrated outpouring of bottled-up emotion.
Bargaining	• Seeking in vain for a way out.
Depression	• Final realization of the inevitable.
Testing*	• Seeking realistic solutions.
Acceptance	• Finally finding the way forward.

