

Nehemiah

Have you ever got bad news or heard something that made you sad? Maybe something like

- A city was destroyed by flood, earthquake, or fire and people have nowhere to live
- People are starving because they have no food and there has been no rain in their country for months
- Many people don't know about Jesus because no has told them
- You, your neighbour or friend has lost a pet they loved
- Someone you know has lost their job

How does it make you feel when you hear sad news? You might feel sad, scared, angry, worried or helpless.

Today's story is about a man called Nehemiah who heard some bad news.

He heard that the Jews in Jerusalem were in big trouble. The walls of the city were broken down and the gates were all burned. This made him very sad because without walls and gates the people were in danger of being attacked and killed by their enemies.

What do you think Nehemiah did when he heard this news?

He had the same feelings that we have – sad, scared, angry and worried. But that didn't stop him trying to help.

At first, he cried because he was so sad. But crying wouldn't help the people and Nehemiah knew that God cared about him and the people in Jerusalem so he prayed and fasted. Fasting means that you go without food to show God that you are very serious about your prayers. He prayed that God would help him find a way to help the people of Jerusalem.



Nehemiah's job was to be a cupbearer to the King. That meant he had to make sure that the king's food and drink were safe. He didn't know if the king would let him go to Jerusalem to help or if he would get angry with him just for asking. So, what did Nehemiah do? He continued to pray and fast.

So, what will you do the next time you hear sad news or get upset about something?

Will you be like Nehemiah?

Remember that God loves you and cares about every little bit of your life.

