



# The Notes

## Follow Your Heart and Plan with Your Head

### Part 1: “Heartbroken”

**June 6, 2021**  
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#### **Background and Context:**

1. Nehemiah is a Jewish man who came to live in Persia as part of what is called the diaspora. He enters this history 142 years after Jerusalem had been destroyed and its people exiled.
2. Ezra preceded Nehemiah and led the effort to rebuild the temple in the destroyed city. Ezra is a picture of our salvation, where God enters the sin-destroyed city of our lives and restores the center of our connection to God.
3. Nehemiah then, can be seen as the work of the Holy Spirit that follows our salvation to bring restoration to the surrounding walls of our soul and making our lives habitable, defensible and safe.

*These are the memoirs of Nehemiah son of Hacaliah. In late autumn, in the month of Kislev, in the twentieth year of King*

*Artaxerxes' reign, I was at the fortress of Susa.*

*Hanani, one of my brothers, came to visit me with some other men who had just arrived from Judah. I asked them about the Jews who had returned there from captivity and about how things were going in Jerusalem.*

*They said to me, "Things are not going well for those who returned to the province of Judah. They are in great trouble and disgrace. The wall of Jerusalem has been torn down, and the gates have been destroyed by fire."*

*When I heard this, I sat down and wept. In fact, for days I mourned, fasted, and prayed to the God of heaven.*

**Nehemiah 1:1-4** (NLT)

**Passion or Burden:** The motivation that God most often uses to engage us in what He wants to do to for others is heartbreak. The emphasis on personal fulfillment through the thing you really like doing (passion) can distract you from hearing or receiving what God is compelling you to do.

Nehemiah responded to a burden. It came from outside of him, like something set into his soul to carry until the need was met.

*Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving*

*you the desire and the power to do what pleases him.*

### **Philippians 2:12-13 (NLT)**

Spirit provided desire and power for doing what pleases God. The scriptures tell us that God is most glorified when His sons and daughters choose to seek, love, and carry out His will.

### **Praying through heartbreak:**

*Then I said, "O LORD, God of heaven, the great and awesome God who keeps his covenant of unfailing love with those who love him and obey his commands, listen to my prayer! Look down and see me praying night and day for your people Israel. I confess that we have sinned against you. Yes, even my own family and I have sinned! We have sinned terribly by not obeying the commands, decrees, and regulations that you gave us through your servant Moses. "Please remember what you told your servant Moses: 'If you are unfaithful to me, I will scatter you among the nations. But if you return to me and obey my commands and live by them, then even if you are exiled to the ends of the earth, I will bring you back to the place I have chosen for my name to be honored.'*

*"The people you rescued by your great power and strong hand are your servants. O Lord, please hear my prayer! Listen to the prayers of those of us who delight in honoring you. Please grant me success today by making the king favorable to me.*

*Put it into his heart to be kind to me.” In those days I was the king’s cup-bearer.*

**Nehemiah 1:1-11** (NLT)

- He acknowledges that what is happening to people and places is not God planned as much as it is God-predicted.
- He affirms his hope that what can happen redemptively in people is possible because of God’s promises.

The specific “ask” at the end of his prayer reveals the presence of a plan. Feeling something is never the same thing as doing something.

**Following your heart and planning with your head this week:**

1. Be concerned about the plight of others and allow your heart to break for them.
2. Affirm God’s promises in prayer – allowing your hope to rest in God’s possibilities.
3. Make a plan for as far as you can see from where you are.
4. Pray for the success of your next few steps.