



Spiritual Fitness Check Up

Series: Nehemiah, #1

Text: Nehemiah 1:1-11

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Theme: **Spiritual fitness is important for serving God.**

Fitness: a genuine concern for God's work.

1. Demonstrated by being aware of the times. (1-2)
2. Demonstrated by taking the initiative to keep up to date. (1-2)

Fitness: a clear vision of the needs.

1. A clear view of the facts. (3)
2. A clear interpretation of the facts. (4)

Fitness: a high priority on prayer.

1. Prayer of worship and praise. (5)
2. Prayer of confession. (6-7)
3. Prayer based on God's promises. (8-10)
4. Prayer expressing genuine desires to God. (11)

Fitness: a ready availability for God's work.

1. Ready to serve where you are. (11; see also 2:1-8)
2. Ready to be part of the solution. (11)

In My Life This Week

(As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.)

Monday. Read Nehemiah 1:1-11. People whom God uses significantly in His work have a genuine concern and are up to date on God's work and people's circumstances. Are you *aware of the times*, the circumstances of other believers and needs of our world? Do you take the initiative to keep up to date?

Tuesday. Nehemiah displayed his spiritual fitness in his clear vision of the needs—both of the facts and their interpretation. Note how clearly and compactly this is summarized in 1:3-4. Determining, and interpreting situations, needs and opportunities clearly requires effort—time, thought, reflection and prayer. Can you confidently say your vision of the needs around you this week has been clear?

Wednesday. Nehemiah had a high priority on prayer. Read 1:4-11. Use the outline to help you walk through some of the features of his prayer life. Evaluate your priority on prayer. Use the four features listed to help guide your prayer times.

Thursday. Nehemiah's spiritual fitness is also seen in his ready availability for God's work. He had a privileged but insecure position (more on this in chapter 2). He was ready to risk and serve where he was and be part of the solution (check 1:11). Are you ready to serve, to risk and be part of God's solution...today?

Friday – Saturday. On Sunday we will look at chapter 2 and *How To Deal With A Tough Task*. Read and think through those twenty verses in preparation for our time together.