



Beating the Spiritual Blahs

Series: Nehemiah, #6

Nehemiah 7:73 - 8:18

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Theme: **Spiritual vitality springs from God's Word.**

Check your attitude toward God's Word.

1. The test of interest. (8:1)
2. The test of reverence. (8:5-6)
3. The test of work. (8:3, 7-8, 13)

Allow God's Word to work in you.

1. Be open to the truth. (8:9-10)
2. Be open to God's priorities. (8:10-18)

So...where's the vitality?

1. The turning point: obeying God's Word. (8:12, 16-18)
2. God's joy energizes life. (8:10)

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. Yesterday we looked at *beating the spiritual blahs*. How do you rate your spiritual life? Read through 7:73 - 8:18, focusing on the new spiritual vitality those people experienced and the key lessons. Ask God to help you build those lessons into your life.

Tuesday. Spiritual vitality springs from God's Word. Review the tests to check your attitude toward God's Word listed in the outline. As you evaluate your attitude, ask God to help you do that carefully and honestly. Write out specifics of each test. Then use those to formulate and record specific action steps for growth.

Wednesday. Truly allowing God's Word to work in us requires a genuine openness to God's truth, even when it is painful (8:9-10). It also requires a genuine openness to God's priorities, even when they may seem strange or out of synch with your feelings (8:10-18). Apply these truths to your thoughts and plans which you wrote down yesterday on the tests of attitude toward God's Word. Cultivate that openness daily.

Thursday. Spiritual vitality springs from God's Word. The turning point for us is obeying what God tells us in the Bible (8:12, 16-18). It is God's joy that energizes life. Read 8:10. "...the joy of the LORD is your strength." Restate and expand on this phrase, checking any notes you made on Sunday. Accept and live in God's joy today.

Friday – Saturday. Sunday is Thanksgiving Sunday. We plan to think about which group are you in, the one out of ten or nine out of ten from Luke 17:11-19. Read through this section as you prepare for our time of worship together.