



**Teaching Notes:** Ray Davis

March 17, 2013

**re:build**

## desert breeze community church

Nehemiah 6:1-19 “Stamina”

V15 So the wall was completed...in fifty-two days.  
It's not how you start the race, but how you finish it that matters most.

Stamina = (Webster's) the strength required to withstand fatigue or hardship.

2Cor.4:16 So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.

### **If You Want to Finish Strong...**

- 1) **Have a Transcendent Purpose** vv3, 15-16 (Phil1:21; 1Cor10:31)
  
- 2) **Avoid Foolish Alliances** vv1-2, 10-13 (1Cor15:33; Ps1:1-3)
  
- 3) **Maintain a Good Conscience** vv5-8 (1Tim1:19; 1Pet3:16)
  
- 4) **Establish Good Boundary Markers** vv4, 10-13 (Heb2:1)
  
- 5) **Pray for God's Strength** v9 (Eph1:18-23)

Isa 40:31 But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.



# Growing

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- 1)** The difference between saving faith & superficial faith is not the intensity of emotion at the start but the duration over time. Explain. How does 2Corinthians 4:16 relate stamina in the Christian life? What would cause someone's faith to grow cold?
  
- 2)** Read Nehemiah 6:1-19. Anything in particular stand out to you? Why do you think there wasn't much fanfare when the wall was finished (v15)? Who does Nehemiah give credit to for their success (v16)? If you want to finish strong why do you need to have a transcendent purpose (Phil1:21; 1Cor10:31)?
  
- 3)** If you want to finish strong you must avoid foolish alliances (vv1-2, 10-13; 1Cor15:33; Ps1:1-3). Explain. What is Nehemiah's response to the open letter (vv5-8)? How does a good conscience help you to finish strong (1Tim1:19; 1Pet3:16)?
  
- 4)** Boundary Markers keep the good in and the bad out and also define when to say "yes" and when to say "no". What happens if we don't have good Biblical boundary markers (Heb2:1)? What do you think Nehemiah's boundary markers are that kept him from being deceived by this Prophet (vv10-13; note v11)?
  
- 5)** Finishing strong involves praying for strength (V9). It is one thing to know that God is with you, for you & will never leave you but it's another thing to be enveloped with a sense of those truths. Explain. How does prayer help (Eph1:18-23; Isa40:31)? Pray!