

WEEK 6: RESISTING DISTRACTION & MANIPULATION

Nehemiah: Walking Through the Ruins; Working Through the Rebuild

Key Text: Nehemiah 6

CORE COUNSELING TRUTH:

Not every invitation is from God- even when it sounds spiritual. If it pulls you away from obedience, boundaries, clarity, or truth, it is not from Him.

1. WHERE ARE MY BREACHES CLOSED?

Nehemiah 6:1 says there was no breach left in the wall.

Where has God strengthened you recently?

What boundaries have you restored?

What compromise have you confronted?

2. WHAT PULLS ME AWAY?

Sanballat invited Nehemiah away from the wall. What pulls you away from your calling?

- Flattery
- Loneliness
- Fear of conflict
- Desire to explain yourself
- Fear of being misunderstood
- Urgency that pressures you to act quickly
- Guilt-based pressure

3. DISCERNMENT QUESTIONS

When conflict or invitation arises, ask:

- Does this align with Scripture?
- Is this strengthening my obedience or weakening it?
- Who benefits if I agree? Is this mutual good or one-sided gain?
- Am I being pressured by fear or guided by peace?
- Would I make this decision if I were not afraid?

4. FEAR AND THE WORK OF MY HANDS

Nehemiah prayed, "O God, strengthen my hands." (Nehemiah 6:9)

Where has fear weakened your hands?

What work has slowed because of intimidation?

5. SAFETY OR OBEDIENCE?

Shemaiah offered Nehemiah a plan that sounded protective but required disobedience.

Have you ever chosen what felt safe over what was right?

Remember: Safety that requires disobedience is not safety.

PERSONAL DECLARATION:

I am doing a great work. I will not come down. I will not descend into fear, manipulation, or compromise. O God, strengthen my hands.