

Week 1: Formation Before Assignment

Walking Through the Ruins, Working Through the Rebuild

Read slowly: Nehemiah 1:1–3

Before Nehemiah does anything, he sees. Before he builds, he hears. Before he speaks, he asks.

Reflection

1. Nehemiah lived inside a story that began long before him.
Take a moment to consider your own life.
 - What parts of your story were handed to you?
 - What joys, wounds, habits, or struggles feel generational?
 - What circumstances did you not choose, but still live inside?
2. Nehemiah was not bitter about what he inherited.
He was sober, grounded, and present.
 - Where do you notice resentment, anger, or weariness toward your past?
 - Where might God be inviting you to see history through His sovereignty instead of personal blame?

Nehemiah did not become steady overnight. He was formed long before he was called.

Consider This Truth

“God often shapes *who we are* before He reveals *what we are to do*.”

Reflection

- Where has God already been forming you quietly?
- What responsibilities, roles, or limitations might be shaping your character right now?
- Are there places you wish God would hurry—where He may instead be forming you?

Nehemiah’s story begins with sad news.

Sadness is not failure. Sadness is not sin. Sadness is often the doorway to clarity.

1. What news, awareness, or realization has entered *your* life that feels heavy?
2. Have you allowed yourself to name that sadness or have you rushed past it?
3. Ask yourself (and God):
 - Is this sadness something You want me to see, not fix yet?
 - Is it something You are forming in me, not removing immediately?

SCRIPTURE FOR MEDITATION

Choose **one** of the following passages to read each day this week.
Do not rush. Read it slowly. Notice what stands out.

- Psalm 25:4–5
- Psalm 37:23–24
- Lamentations 3:31–33
- Isaiah 30:18
- Romans 8:28

Simple Journaling Prompt

After reading, complete these sentences in your notebook:

- “What this Scripture shows me about God is...”
- “What this Scripture shows me about myself is...”

Circle what best reflects where you are *right now*:

- I tend to **avoid** hard realities
- I tend to **over-carry** responsibility
- I tend to **blame myself** for what I didn't cause
- I tend to **blame others** and feel stuck
- I tend to **numb** rather than feel
- I tend to **rush into fixing** before seeing clearly

Now gently ask:

“Lord, what are You showing me about how I respond to brokenness?”

Nehemiah asked a question before he ever acted.

This space is for your questions—about God, Scripture, your life, or this study.

Write them honestly.
You do not need answers yet.

Questions I'm holding this week:

Closing Encouragement

Nehemiah did not rush. God did not rush him. This week is about **seeing**, not solving.
Receiving, not responding. **Formation**, not assignment.

Next week, we will watch what happens when grief turns *toward* God. Until then, be gentle with your heart.