



**God's  
Roadmap  
to  
REBUILD  
Your Life**

**Women of Worth Mentorship  
Academy - WOWMA**

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*Women of Worth Mentorship Academy - WOWMA - Healing, Equipping, Restoring to Serve*

## **GOD'S ROADMAP TO REBUILD YOUR LIFE**

### **NEHEMIAH MODEL**

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### **NEHEMIAH MODEL**

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## **GOD'S ROADMAP TO REBUILD YOUR LIFE**

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Dear Student

Life has a way of punching you in the gut sometimes. At times it so unexpected that it leaves you reeling in pain. And no sooner you get over one issue, then you are faced with another. This was the plight of the surviving Jews who returned to Jerusalem from captivity in Babylon. After surviving seventy years in captivity, they returned home to find devastation – their city walls destroyed and the gates burned with fire. The scripture describes them as being in great distress and reproach.

You have survived some adversity, but now you are faced with something else;

This teaching *God's Roadmap to Rebuild Your Life*, walks you through how Nehemiah dealt with these dispirited people and restored their dignity, and their city. And draws parallels as to how the Holy Spirit works with you to rebuild and restore your dignity after a season of dishonor and disgrace.

Are you ready for the start of the rebuilding process?

Linda P. Jones (Rev. M.PTh)

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#### **SESSION 1 - INTRODUCTION**

*The words of Nehemiah the son of Hachaliah. It came to pass in the month of Chislev, in the twentieth year, as I was in Shushan the citadel, that Hanani one of my brethren came with men from Judah; I asked them concerning the Jews who had escaped, who had survived the captivity, and concerning Jerusalem. And they said to me, "The survivors who are left from the captivity in the province are there in great distress and reproach. The wall of Jerusalem is also broken down, and its gates are burned with fire."*

**Nehemiah 1:1-3 NKJV**

#### **Definition of Survive:**

**To Survive** – It is made up of 2 words *sur* which means over and *vive* to live or life. According to the several English dictionaries, survive means '*to outlive, to not die, to not disappear, it means to live through something, to live longer than, remain alive.*' It also means *to pull through; stick out, withstand; to exist, (and my favorite) to breathe.*

You are all survivors; if you weren't you would not be here. Survivors are powerful people they are a testament that the last calamity didn't succeed in destroying them; they lived to tell the story.

Now I want you to join me in finishing these sentences with one word...

- They expected you to die or disappear – but you...

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- They said you'd lose your mind (you thought so yourself) but you...
- The doctors gave up on you but you...
- You lost everything but you... **SURVIVED!**

So first you need to celebrate the fact that you are a survivor! It is a great place to start.

Have you even noticed what the Jews who went through the Holocaust call themselves? Holocaust survivors - not Holocaust victims.

Cancer Survivors – People who have gotten over cancer. You are only a victim when you become a prey to the circumstances, when you succumb, when you feel trapped, helpless, powerless, and hopeless; when you allow yourself to be held hostage by that situation. Therefore, one of my definitions of a survivor is simply *'one who refuses to remain a victim'*.

Now that you have survived what is the next step – it is to rebuild. And this is where Nehemiah comes in.

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#### **Profile of Nehemiah**

Nehemiah was born in captivity in Babylon, and so he had never seen Jerusalem. He was the cupbearer of the king of Persia. It is suggested that he was probably from a prominent family to have had such a position.

Nehemiah’s name means ‘*Jehovah has comforted, or consolation of the Lord*’. From the meanings of his name, we learn that Nehemiah is a picture of the Lord God Jehovah and the Holy Spirit, The comforter. The meaning of his name is essential to the foundation of this teaching – God’s roadmap to rebuilding your life.

We learn from the gospel of John Jesus called the Holy Spirit the Comforter 4 times in John 14.

- *And I will pray the Father, and he shall give you another Comforter, that he may abide with you forever; **John 14:16***
- *But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, **John 14:26***
- *But when the Comforter is come, whom I will send unto you from the Father, even the Spirit of truth, **John 15:26***
- *Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you. **John 16:7***

Therefore Nehemiah is a picture of the Holy Spirit who is called the Comforter.

So the first person involved in your rebuilding process is the Holy Spirit. The Comforter  
And that word ‘comforter’ in the Greek means:

- Summoned, called to one’s side, especially called to one’s aid.

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- One who pleads another's cause before a judge, a pleader, counsel for defense, legal assistant, an advocate
- One who pleads another's cause with one, an intercessor
- Referring to Christ in His exaltation at God's right hand pleading with God on our behalf
- A helper, an aider, assistant

Like the retuning nationals you survived some tremendous trials and difficulties but you are still in distress over something else. Through this lesson you will be strengthened to see how the Lord cares about where you are at, and how He gets personally involved in your situation to bring restoration. He is your Nehemiah and He has a roadmap for rebuilding your life.

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## **SESSION 2**

### **1. The LORD Asks About Your Well-Being**

*... Hanani one of my brethren came with men from Judah; and I asked them concerning the Jews who had escaped, who had survived the captivity, and concerning Jerusalem. – Nehemiah 1:2*

- i. Was concerning the condition of the survivors

The Lord wants you to know that He is personally interested in you – in what is going on in your life.

- ii. Concerning the state of their city

Walls of the city broken down – signify that you feel naked, vulnerable, exposed, unprotected, insecure, and defenceless. The gates burned; the place of access and protection – could mean your life is like open season. Also could mean there is no authority or proper boundaries in your home; actually the whole fabric of your personal life or family life lies in ruins.

*“Many are the afflictions of the righteous, but the LORD delivers him out of them all” Psalm 34:19*

**Hanani** means “*My grace, my mercy, gracious*”. Hanani is a picture of the Lord who is gracious and speaks on your behalf.

- *The LORD is merciful and gracious, Slow to anger, and abounding in mercy – Psalm 103:8*

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- *He has made His wonderful works to be remembered; The LORD is gracious and full of compassion – Psalm 111:4*
- *Unto the upright there arises light in the darkness; He is gracious, and full of compassion, and righteous – Psalm 112:4*
- *Gracious is the LORD, and righteous; Yes, our God is merciful – Psalm 116:5.*
- *The LORD is gracious and full of compassion, Slow to anger and great in mercy – Psalm 145:8*
- *The LORD is righteous in all His ways, gracious in all His works – Psalm 145:17.*

## **2. The LORD Agonizes Over You and Your Situation**

*“So it was, when I heard these words that I sat down and wept, and mourned for many days; I was fasting and praying before the God of heaven” – Nehemiah 1:4*

*“For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin” – Hebrews 4:15*

*Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them – Hebrews 7:25*

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#### **3. HE APPEALS FOR YOU BEFORE THE FATHER**

*“So it was, when I heard these words that I sat down and wept, and mourned for many days; I was fasting and praying before the God of heaven. LORD God of heaven, O great and awesome God, You who keep Your covenant and mercy with those who love You and observe Your commandments, please let Your ear be attentive and Your eyes open, that You may hear the prayer of Your servant which I pray before You now, day and night, for the children of Israel Your servant”–*

**Nehemiah 1:4-5**

- **The Holy Spirit Makes Intercession for You**

*Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. – Romans 8:26-27*

- **He Advocates For You Before the King**

Nehemiah first appealed to the God of Heaven on behalf of the people; and when the king of Persia saw how sad he was, he asked.

*“Why is your face sad, since you are not sick? This is nothing but sorrow of heart.” So I became dreadfully afraid, and said to the king, “May the king live forever! Why should my face not be sad, when the city, the place of my fathers’*

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*tombs, lies waste, and its gates are burned with fire?" Then the king said to me, "What do you request?" So I prayed to the God of heaven. And I said to the king, "If it pleases the king, and if your servant has found favor in your sight, I ask that you send me to Judah, to the city of my fathers' tombs, that I may rebuild it." –*

#### **Nehemiah 2-5**

*Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us. –*

#### **Romans 8:34**

*Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them. – **Hebrews 7:25***

Again we see Nehemiah representing a picture of Jesus our Mediator or go-between person. He told the king what was wrong and when the king asked what he wanted Nehemiah, quickly gave his request. The God of heaven had granted Nehemiah favor, and all that he requested the king gave to him.

*Even now my witness is in heaven; my advocate is on high. My intercessor is my friend as my eyes pour out tears to God; on behalf of a man He pleads with God as a man pleads for his friend. – **Job 16:19-21 (NIV)***

*For there is one God and one Mediator between God and men, the Man Christ Jesus. – **1 Timothy 2:5***

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## **SESSION 3**

### **1. The LORD Does An Accurate Assessment of Your Situation**

*“Then I arose in the night, I and a few men with me; I told no one what my God had put in my heart to do at Jerusalem; nor was there any animal with me, except the one on which I rode. And I went out by night through the Valley Gate to the Serpent Well and the Refuse Gate, and viewed the walls of Jerusalem which were broken down and its gates which were burned with fire. So I went up in the night by the valley, and viewed the wall; then I turned back and entered by the Valley Gate, and so returned” –Nehemiah 2:12-13; 15*

#### **a. He Visualized the Project**

Nehemiah went with a few trusted men in the night to assess the level of damage to the city walls and gates.

#### **b. He Emphasized the Problem – “You see the great distress that we are in, how Jerusalem lies waste, and its gates are burned with fire” 2:17**

Sometimes there is a tendency to downplay a situation. Well maybe it isn’t as bad as I thought. But if the men were going to be motivated to work for change they had to have a reality check

### **2. The LORD Has an Action Plan For You**

*“Come and let us build the wall of Jerusalem, that we may no longer be a reproach. ne...”” – Nehemiah 2:17-18*

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#### **a. He Motivated the People**

In Genesis 1:26, when God said, "*Let Us make man in Our image, according to Our likeness*", we see that it was a collaborative effort involving the Triune God.

- The Godhead is working together to bring restoration to you and your situation. However He doesn't do things for us, He does it with us.

Here Nehemiah told his fellow workers "come let us build the wall of Jerusalem that **we** may no longer be a reproach"

*"For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin"* – **Hebrews 4:15**

Another way Nehemiah motivated them was by encouraging them that God's good hand was with them – "*And I told them of the hand of my God which had been good upon.*" 2:17c.

When the Lord is backing our efforts we will be surprised how much will be accomplished in your life

With that encouragement the people were now motivated to get involved. The response of the people were – "*Let us arise and build.*"

Quote from '**Glad Reunion**' "*Like maturity or education or anything of a personal nature, freedom must be claimed and participated in by the people themselves. You do*

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*not inject realities like this into people like penicillin. The victim must want to be different and be willing to participate in their own 'healing before any significant change can occur.'"*

#### **b. He Delegated the Work – Nehemiah 3:1-32**

These verses list the many projects that needed to be done and to whom they were assigned. Nehemiah was very specific about who did what - everyone was assigned a job.

There are different people that the Lord will employ along the way to help in your rebuilding process. It is important to be able to recognize them and embrace the particular role they will play in your restoration.

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#### **SESSION 4**

##### **1. You Will have Aggressive Adversaries**

*“When Sanballat the Horonite and Tobiah the Ammonite official heard of it, they were deeply disturbed that a man had come to seek the well-being of the children of Israel” –*

**Nehemiah 2:10**

Sanballat and Tobiah initially were enraged that a man had come to restore the city.

That Man is the Man Christ Jesus, who has come to redeem your life from the shame and disgrace of the past.

*“But when Sanballat the Horonite, Tobiah the Ammonite official, and Geshem the Arab heard of it, they laughed at us and despised us...” – Nehemiah 2:19.*

They went further

*“But it so happened, when Sanballat heard that we were rebuilding the wall, that he was furious and very indignant, and mocked the Jews. And he spoke before his brethren and the army of Samaria, and said, “What are these feeble Jews doing? Will they fortify themselves? Will they offer sacrifices? Will they complete it in a day? Will they revive the stones from the heaps of rubbish—stones that are burned?” Now Tobiah the Ammonite was beside him, and he said, “Whatever they build, if even a fox goes up on it, he will break down their stone wall.” – Nehemiah 4:1-3*

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Notice the enemies ganged together to ridicule, intimidate and threaten to stop the work of rebuilding. They were upset that a man had come to the rescue of the children of Israel.

Make no mistake you have an enemy/enemies who are committed to impede the work of God in your life. He will also use people to frustrate you, but you have a God who is equally committed to see that you are restored, to a place of wholeness, to where your dignity is repaired and your life is no longer one of devastation and a reproach.

*“Violence shall no longer be heard in your land, neither wasting nor destruction within your borders; but you shall call your walls Salvation, and your gates Praise” – Isaiah 60:18.*

*“I will restore to you the years that the swarming locust has eaten, the hopper, the destroyer, and the cutter, my great army, which I sent among you. You shall eat in plenty and be satisfied, and praise the name of the LORD your God, who has dealt wondrously with you. And my people shall never again be put to shame. You shall know that I am in the midst of Israel, and that I am the LORD your God and there is none else. And my people shall never again be put to shame” – Joel 2:23-25*

## **2. Do Not Agree With Your Enemies**

*But it so happened, when Sanballat heard that we were rebuilding the wall, that he was furious and very indignant, and mocked the Jews. And he spoke before his brethren and the army of Samaria, and said, "What are these feeble Jews doing? Will they fortify*

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*themselves? Will they offer sacrifices? Will they complete it in a day? Will they revive the stones from the heaps of rubbish—stones that are burned?" **Nehemiah 4:1-2***

Do not get caught in the enemy's trap to defeat and discourage you.

*Then Judah said, "The strength of the laborers is failing, and there is so much rubbish that we are not able to build the wall." **Nehemiah 4:10.***

Judah, the worshipping tribe, allowed the words of the enemy to get to them, and rather worship and shut the mouth of the naysayers they agreed with them. They went on further to repeat what their enemies said.

*And our adversaries **said**, "They will neither know nor see anything, till we come into their midst and kill them and cause the work to cease."*

*"So it was, when the Jews who dwelt near them came, that they told us ten times, "From whatever place you turn, they will be upon us." **Nehemiah 4:12***

### **3. Know How to Answer Your Enemies – 2:20**

*"The God of heaven Himself will prosper us' therefore we His servants will arise and build, but you have no heritage or right or memorial in Jerusalem"*

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**The Message Bible** – *"The God-of-Heaven will make sure we succeed. We're his servants and we're going to work, rebuilding. You can keep your nose out of it. You get no say in this--Jerusalem's none of your business!"*

Say what God says:

Tell the enemy to get lost because this is God's doing and he has no say or rights in your life. Never did and never will!

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#### **BONUS POINT**

##### **The LORD Himself Administrates the Rebuilding Plan – Nehemiah 3:1-3**

*“Then Eliashib the high priest rose up with his brethren the priests and built the Sheep Gate; they consecrated it and hung its doors. They built as far as the Tower of the Hundred, and consecrated it, then as far as the Tower of Hananel. Next to Eliashib the men of Jericho built. And next to them Zaccur the son of Imri built. Also the sons of Hassenaah built the Fish Gate; they laid its beams and hung its doors with its bolts and bars”.*

Eliashib means “*God restores*”. Eliashib the high priest was the first name recorded as one of the builders.

Eliashib is a picture of the Lord Himself, our High Priest, who heads the rebuilding process of your life. He is the God who restores.

What God starts He finishes. He is the Master Builder.

*“So the wall was finished on the twenty-fifth day of Elul, in fifty-two days” –*  
**Nehemiah 6:15**

*Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ –* **Philippians 1:6**

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*"Just be patient and don't worry about what will happen. He won't rest until everything is settled today!" – Ruth 3:18 CEV*

- My prayer is that you will have a fresh encounter with your 'Nehemiah' who is interested in the state of your life. I invite you to welcome Him into those areas of your life that have been devastated by pain, sorrow and suffering, and allow Him to start the rebuilding process. He has a customized roadmap for your rebuilding process as well and He wants you to cooperate with Him in.

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### **ACTIVATION EXERCISES**

1. If the Lord were to ask you what is it that is happening with you, how well could you articulate it to Him? Write it out?
2. Have you ever considered that Jesus weeps with you? What does it mean to you to know that He weeps with you and for you in your situation?
3. Are you ready to invite the Lord into those areas of your life that have been devastated? Write out a prayer of invitation to do just that, and wait for Him to come.
4. When He comes how do you feel, and what does He say to you?
5. Read Nehemiah Chapters 1 - 4 and note those things the Holy Spirit speaks specifically to you about how He is working on your behalf.

#### **SUGGESTED READING:**

[Soul Survivor](#) – *My journey out of the ashes of trauma to triumph*

[Out of the Ashes](#) – *Women who rose to purpose out of brokenness*

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#### **About Linda Jones**

Rev. Linda Jones is an ordained minister, an expository Bible teacher, speaker, and an author of several books – including her captivating autobiography Soul Survivor. She also pastored a ministry for several years. Linda is passionate about teaching and equipping individuals so that they are released to walk in freedom, healing and wholeness and empowered to fulfil their God-given dreams. She does this through the various ministries she has founded: – Linda P. Jones Ministries, Women of Worth Ministries, and Women of Worth Mentorship Academy - WOWMA

Linda has hosted seminars, workshops, conferences and productions, and is a sought after speaker. She is very personable in her teaching style; she teaches with depth, yet is easy to understand. Overall she does not compromise the truth of God's Word.

Rev. Linda holds a Bachelor of Theology from Christian International School, Santa Rosa Beach Florida U.S.A, and a Master of Practical Theology from Master's International University of Divinity (MIUD), Evansville, Indiana, U.S.A, and a Doctoral candidate at the same institution.

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