

# Nehemiah



Lenten greetings! We are embarking upon our journey through the holy season of Lent. It is called F.A.S.T. for us during this time. The desired outcome is one of Fresh Attitudes Showing Trust. Below is the schedule for our duration from February 18 leading up to Easter weekend. Each day has a reading with a title that relates to the passage. We will be going through the book of Nehemiah this year. I encourage you to read daily and even write your thoughts and prayers you have to the Lord. This year we will give up one item for forty days and have weekly items to fast from as listed below. Find an accountability partner who can aid you along and vice versa. Pray for one another daily. Encourage each other to pursue God and His Kingdom. May the Lord Jesus Himself walk with you over these forty days and forty nights and may you find His grace to be sufficient for your every need. Shalom.

## DAILY READING

### WEEK

# 01.

- FEB** 18 – Happy New Year!
- FEB** 19 1:1-3 Minority Report
- FEB** 20 1:4 Nehemiah's F.A.S.T. & Ours
- FEB** 21 1:5-7 Nehemiah's Prayer is Ours
- FEB** 22 1:8-9 So Remember Your People Including Us
- FEB** 23 1:10-11c A Petition to God
- FEB** 24 1:11d A Man of Integrity

### WEEK

# 02.

- FEB** 25 2:1-8 Request Granted!
- FEB** 26 2:9-10 When Opponents Rear their Ugly Head
- FEB** 27 2:11-16 A Man with a Plan: Three Days Inspection
- FEB** 28 2:17-18 A Man with a Plan: Let Us Rise Up and Build
- MAR** 01 2:19-20 A Man with a Plan: Faces Opposition
- MAR** 02 3:1-3 Rising Up to Build: Building the Sheep Gate
- MAR** 03 3:4-12 Rising Up to Build: Repairing the Ruins

### WEEK

# 03.

- MAR** 04 3:13-27 A Team Effort: Rebuild it & They Will Come
- MAR** 05 3:28-32 A Team Effort: Repair it & They Will Come
- MAR** 06 4:1-14 The Time When Nehemiah Sounded Like the Psalmist
- MAR** 07 4:15-23 The True Meaning of Vigilance
- MAR** 08 5:1-5 Fracas
- MAR** 09 5:6-13 Whose Interest Are You Looking Out For?
- MAR** 10 5:14-19 The Fear of the LORD is Wisdom

### WEEK

# 04.

- MAR** 11 6:1-9 Strengthen My Hands, O God!
- MAR** 12 6:10-14 Spiritual Discernment is the Antidote for Falsehood
- MAR** 13 6:15-7:4 Consider, Read, Mark, Inwardly Digest Psalm 48
- MAR** 14 7:5 Roll Call!
- MAR** 15 7:6-7a Extra, Extra Read All About it...Home-Coming!
- MAR** 16 7b-38 #ing of the Men of Israel
- MAR** 17 7:39-73 Repeat after me & read it out loud...

- WEEK**  
**05.**
- MAR** 18 8:1-12  
THE JOY OF THE LORD IS YOUR STRENGTH
  - MAR** 19 8:13-18  
Bible Study with Ezra the Scribe: Go Make a Booth!
  - MAR** 20 9:1-31  
Prayer & F.A.S.T.ING
  - MAR** 21 9:32-37  
Sin makes a Slave of All of Us!
  - MAR** 22 9:38-10:27  
Some Very Important Jews in Exile
  - MAR** 23 10:28-31  
Promising to Walk in God's Law
  - MAR** 24 10:32-39  
Taking Caring of the Things of God

- WEEK**  
**06.**
- MAR** 25 **PALM SUNDAY** 11:1-36  
Strengthen My Hands, O God!
  - MAR** 26 12:1-26  
These are the Days of...
  - MAR** 27 12:27-47  
Sing to the LORD & Rejoice!
  - MAR** 28 13:1-18  
Dealing with God and Being Dealt With by God
  - MAR** 29 13:19-31  
Remember Me, O my God, for Good!
  - MAR** 30 **GOOD FRIDAY**
  - MAR** 31 **HOLY SATURDAY**

- WEEK**  
**07.**
- APR** 01 **EASTER**  
CHRIST IS RISEN!



Christ is  
Risen  
indeed.

| WEEKLY F.A.S.T. ITEMS  |   |
|------------------------|---|
| FEB 18<br>to<br>FEB 24 | Refined sugar (chocolate, desserts, soft drinks) & processed food |
| FEB 25<br>to<br>MAR 3  | Caffeine (coffee, tea, soft drinks etc.), stimulants & sweets     |
| MAR 04<br>to<br>MAR 10 | Music (background noise, earphones, car radio etc.)               |
| MAR 11<br>to<br>MAR 17 | Cellular Phone & Social Media                                     |
| MAR 18<br>to<br>MAR 24 | Meat & Shellfish  |
| MAR 25<br>to<br>MAR 29 | Spending money on anything not essential to survival              |
| EASTER WEEKEND         | Have a community meal together!                                   |