

## Sound Mind 2

My running coach always used to make remarks about intestinal fortitude. Usually, while we were doing difficult track workouts. (He was not included in the "we") It is hard to keep going in the face of adversity. Many thoughts come into our minds that would keep us from running well. If the strength to finish the race doesn't come from within, we are sunk. We need strengthening as believers in the inner man. It is there where Christ is to dwell by faith. It is this strengthening that I believe the work of repairing the wall exemplifies. Remember last week I mentioned that the word "strengthen" or repair appears 42 times in Nehemiah it is the same word as in Joshua 1:9 be strong.

Often our teaching incorporates a rebuke for the church, we don't do this, we don't do that. In some measure this is true but how do we move past the acknowledgement of our sin and into an obedience of Christ? To move toward a strengthening and not a weakening of the church. We can berate others and ourselves all day long but that just leaves us demoralized and feeling helpless or more likely, angry, or depressed. In this state, we become susceptible to the devil's lies and may seek out idolatry to alleviate the emptiness or shame we may feel. Our walls are broken down, and we have difficulty ruling over our spirit. Now I don't want to paint with a broad brush so I will fully acknowledge my own state and allow each their own confession if needed. Spiritual strength is needed to carry out spiritual matters and if we are not busy with the good work of restoring the wall we will easily find ourselves overrun. God's people need to find their safety, their identity, and their strength in Christ. Stooping down to look into the perfect law of liberty so that they may know whom they have believed and that He is able to keep that which has been committed unto Him until that day!

### Remember the good work

**Neh 2:17** Then I said to them, "You see the bad situation we are in, that Jerusalem is desolate and its gates have been burned by fire. Come, let's rebuild the wall of Jerusalem so that we will no longer be a disgrace."

**Neh 2:18** And I told them how the hand of my God had been favorable to me and also about the king's words which he had spoken to me. Then they said, "Let's arise and build." So they (**strengthened**) put their hands to the good work.

**2Co 5:1** For we know that if our earthly tent which is our house is torn down, **we have a building from God**, a house not made by hands, eternal in the heavens.

2Co 5:2 For indeed, in this *tent* we groan, longing to be clothed with our dwelling from heaven,

**2Co 5:3** since in fact after putting it on, **we will not be found naked.**

### **Build the wall or put on Christ!**

#### ➤ **What are you putting on to cover your shame?**

**Rom 13:14** But **put on the Lord Jesus Christ**, and make no provision for the flesh in regard to *its* lusts.

Neh 6:5 Then **Sanballat** sent his servant to me in the same way a fifth time with an open letter in his hand.

Neh 6:6 In it was written: "It is reported among the nations, and Gashmu says, that you and the Jews intend to rebel; for that reason you are rebuilding the wall. And you are to be their king, according to these reports.

Neh 6:7 "You have also appointed prophets to proclaim in Jerusalem **concerning you, 'A king is in Judah!'** And now it will be reported to the king according to these reports. So come now, let's consult together."

**Neh 6:8** Then I sent *a message* to him saying, "*Nothing* like these things that you are saying has been done, but **you are inventing them in your own mind.**" (from your heart)

**Neh 6:9** For all of them **were trying to frighten us**, thinking, "They will become discouraged with the work and it will not be done." But now, *God*, **strengthen** my hands.

If the wall stays unbuilt the enemy can continue to have the upper hand. Sanballat is a man who is hungry for power and is concerned that this "building project" will adversely affect that.

"Sanballat," according to Sayce (in Hastings, "Dict. Bible," s.v.), is connected with the Assyrian "Sinballidh," and means "**Sin has vivified.**" - Sin has brought life! He is the personification of the flesh. (the devil's lies)

Sanballat's words seek to tempt Nehemiah to quit the work. The temptation to build our kingdom is great the flesh sets its desire on that. There is another way to cover that shame. **Fear** is another method of the devil that tries to scare us off the work.

**Pro 22:13** The **lazy one** says, "There is a lion outside; I will be killed in the streets!"

## Nehemiah is not ignorant of Sanballat's schemes

The accuser will bring charges against us to keep us from the good work but these charges are not true. They are lies. We must not believe the false reports.

**Gal 5:16** But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

**Gal 5:17** For the desire (lusts against) (sets its heart upon) of the flesh is against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, in order to keep you from doing whatever you want.

Inventions of the mind Come from a desperately wicked heart – when you know the truth, (2 Timothy 3:16-17) lies are easy to spot.

**Eph 4:22** that, in reference to your former way of life, you are to rid yourselves of **the old self**, which is being corrupted in accordance with the lusts of deceit,

**Eph 4:23** and that you are to be renewed in the spirit of your minds,

**Eph 4:24** and to **put on the new self**, which in *the likeness of God* has been created in righteousness and holiness of the truth.

**Eph 4:25** Therefore, ridding yourselves of falsehood, SPEAK TRUTH EACH ONE *OF YOU* WITH HIS NEIGHBOR, because we are parts of one another.

## A prayer for strength (The battle is real) 1 Thess 5:17

But now, *God*, **strengthen** my hands...

It's a whole-body thing. Everyone working with a sword at our sides.

**Col 1:9** For this reason we also, since the day we heard *about it*, **have not ceased praying for you** and asking that you **may be filled** with the knowledge of His will in all spiritual wisdom and understanding,

**Col 1:10** so that you will walk in a manner worthy of the Lord, to please *Him* in all respects, bearing fruit in every **good work** and increasing in the knowledge of God;

**Col 1:11** **strengthened** with all power, according to His glorious might, for the attaining of all perseverance and patience; **joyously**

**Col 1:12** giving thanks to the Father, who has qualified us to share in the inheritance of the saints in light.

Eph 3:16 that **He would grant you**, according to the riches of His glory, **to be strengthened** with power **through His Spirit** in the inner self,

Eph 3:17 so **that Christ may dwell in your hearts through faith**; *and* that you, being rooted and grounded in love,

Eph 3:18 may be able to comprehend with all the saints what is the width and length and height and depth,

Eph 3:19 and to know the love of Christ which surpasses knowledge, that **you may be filled to all the fullness of God**.

**Psa 119:116** Sustain me according to Your word, **that I may live**;  
And do not let me be ashamed of my hope.

Psa 119:117 Sustain me **so that I may be safe**, That I may have regard for Your statutes continually.