

# THE FIRST STEPS TO A RESTART

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*“Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”*  
Isaiah 40:31 (NIV)

*“They said to me, . . . ‘The wall of Jerusalem has been torn down, and the gates have been destroyed by fire.’ When I heard this, I sat down and wept. In fact, for days I mourned, fasted, and prayed to the God of heaven.”* Nehemiah 1:3–4 (NLT)

## 1. Mourn – Express your \_\_\_\_\_ to God

*“God blesses those who mourn, for they will be comforted.”* Matthew 5:4 (NLT)

*“When doubts filled my mind, your comfort gave me renewed hope and cheer.”* Psalm 94:19 (NLT)

*“Weeping may last through the night, but joy comes with the morning.”*  
Psalm 30:5b (NLT)

*“For when I am weak, then I am strong.”* 2 Corinthians 12:10b (NIV)

## 2. Fast – Focus your \_\_\_\_\_ on God

*“Turn to Me with all your heart, with fasting, with weeping, and with mourning.”* Joel 2:12b (NKJV)

*“So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting . . .”* Daniel 9:3 (NASB)

*“Now set your heart and your soul to seek the LORD your God.”* 1 Chronicles 22:19a (NKJV)

## 3. Pray – Ask for \_\_\_\_\_ from God

*“LORD, my Rock, I call out to you for help.”* Psalm 28:1a (NCV)

### ● Recognize \_\_\_\_\_

*“Then I said: ‘O LORD, God of heaven, the great and awesome God, who keeps his covenant of love with those who love him and obey his commands, let your ear be attentive and your eyes open to hear the prayer your servant is praying before you day and night for your servants, the*

*people of Israel. I confess the sins we Israelites, including myself and my father's house, have committed against you.” Nehemiah 1:5–6 (NIV)*

*“I pray that you will begin to understand how incredibly great his power is to help those who believe him. . . .” Ephesians 1:19 (TLB)*

- **Confess** \_\_\_\_\_

*“I confess the sins we Israelites, including myself and my father's house, have committed against you. We have acted very wickedly toward you. We have not obeyed the commands, decrees and laws you gave your servant Moses.” Nehemiah 1:6b–7 (NIV)*

*“But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.” 1 John 1:9 (NLT)*

- **Call on** \_\_\_\_\_

*“Please remember the promise you made to Moses. You told him that if we were unfaithful, you would scatter us among foreign nations. But you also said that no matter how far away we were, we could turn to you and start obeying your laws. Then you would bring us back to the place where you have chosen to be worshiped.” Nehemiah 1:8–9 (CEV)*

- **Ask for** \_\_\_\_\_

*“O Lord, let your ear be attentive to the prayer of this your servant and to the prayer of your servants who delight in revering your name. Give your servant success today by granting him favor in the presence of this man. I was cupbearer to the king.” Nehemiah 1:11 (NIV)*