

REBUILDING YOUR LIFE WHEN YOU'VE LOST EVERYTHING September 10, 2017

Nehemiah 2:17 (NIV) "Then I said to them, 'You see the trouble we are in: Jerusalem lies in ruins, and its gates have been burned with fire. Come, let us rebuild the wall of Jerusalem, and we will no longer be in disgrace.'"

Nehemiah 2:18b (NCV) "Then they answered, 'Let's start rebuilding.' So they began to work hard."

Even more difficult than rebuilding a city is rebuilding a life.

John 16:33b (NIV) "In this world you will have trouble."

Matthew 5:45b (NIV) "He (God) causes His sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous."

Psalms 57:1 (NIV) "Have mercy on me, my God, have mercy on me, for in You I take refuge. I will take refuge in the shadow of Your wings until the disaster has passed."

SIX STEPS TO REBUILDING YOUR LIFE...

1. Release your grief.

Psalms 18:4-6a (NLT) "The ropes of death entangled me; floods of destruction swept over me. ⁵ The grave wrapped its ropes around me; death laid a trap in my path. ⁶ But in my distress I cried out to the Lord; yes, I prayed to my God for help."

Psalms 62:8 (NLT) "O my people, trust in Him at all times. Pour out your heart to Him, for God is our refuge."

2. Resist bitterness!

Hebrews 12:15b (TLB) "Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives."

So how do you resist bitterness?

- Accept what cannot be changed.
- Focus on what's left, not what's lost.
- Play it down and Pray it up.

3. Re-evaluate your life.

Luke 12:15b (NLT) "Life is not measured by how much you own."

1 Timothy 6:7 (NIV) "For we brought nothing into the world, and we can take nothing out of it."

Matthew 16:26 (NIV) "What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?"

4. Receive help from others.

Romans 12:5 (TLB) "So we belong to each other, and each needs all the others."

5. Rely on the Lord.

- You need PEACE.

Isaiah 26:3 (NCV) "You, Lord, give true peace to those who depend on you, because they trust you."

- You need HOPE.

Psalms 62:5 (NCV) "I find rest in God; only He gives me hope."

- You need COURAGE.

Psalms 3:3 (NCV) "But, Lord, You are my shield, my wonderful God who gives me courage."

- You need WISDOM.

Psalms 16:7 (TLB) "I will bless the Lord who counsels me; He gives me wisdom in the night. He tells me what to do."

- You need STRENGTH.

Isaiah 12:2 (GNT) "God is my savior; I will trust Him and not be afraid. The Lord gives me power and strength; He is my savior."

6. Reach out to others.

- By PRAYING for them.

1 Samuel 12:23a (NIV) "As for me, far be it from me that I should sin against the Lord by failing to pray for you."

- By SHARING with them.

1 John 3:17 (NIV) "If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person?"

- By SERVING them.

Galatians 6:2 (NCV) "By helping each other with your troubles, you truly obey the law of Christ."