



Welcome to Week 6, Lesson 1 of Faith & Fit! Jane and I pray that God will bless you for your hard work, physically and spiritually. Please take a moment to pray and ask God to fill you with His Holy Spirit. After you have prayed please sign your initials on the line: _____

Please read Nehemiah 8:9-12 outloud and again silently:

9 And Nehemiah, who was the governor, Ezra the priest and scribe, and the Levites who taught the people said to all the people, "This day is holy to the LORD your God; do not mourn nor weep." For all the people wept, when they heard the words of the Law.

10 Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the LORD is your strength."

11 So the Levites quieted all the people, saying, "Be still, for the day is holy; do not be grieved."

12 And all the people went their way to eat and drink, to send portions and rejoice greatly, because they understood the words that were declared to them.

Who taught the people the Word of God?

How often do you sit under the teaching of your favorite Bible teacher?

Once we have learned a truth about God, we can pass this teaching on to another.

Who do you have the opportunity to teach?

How did the people react when they heard the Word of the Lord?

Has the Word of God ever moved you to tears?

The Hebrew word for *hear* is *shema*. *Shama* means *to obey*. To the Hebrew, to hear God's Word is to obey God's Word. Since God has given us His Word in Hebrew, He expects us to react the same way upon hearing it—in obedience.

Any time we hear God's Word it is cause for celebration. Why?

Write as many reasons as you can think of.

Please read verse 10.

What is the source of our strength?

The Hebrew word for *strength* means *a place of protection, a stronghold, a place of safety*. Joy protects us from the despair of our present generation; it is a place of safety from the cynicism of this age and it is a stronghold of hope through trials and challenges. If we are feeling weak perhaps we need to spend a little more time singing and celebrating before the Lord.

What did the people do to celebrate the reading of God's Word?

What provision did God make for those who had no food prepared?

Have you ever noticed how a meal is often the center of important celebrations—wedding feasts ... Thanksgiving banquets ... birthday dinners? Meals are an important part of the fabric of fellowship and worship.

Take time to eat three healthy meals today and thank your Father for the blessing of food. Also, see if there is someone who needs the blessing of a meal or a plate of cookies.

Thank you for joining us today! See you next week!