

## THE FIRST STEPS TO A RESTART

Tom Holladay  
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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 who \_\_\_\_\_ is

*“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 who \_\_\_\_\_ are

*“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 God’s \_\_\_\_\_

*“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 \_\_\_\_\_ help

*“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)

## 重新開始的第一步

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“但那些仰望耶和華的人，必重新得力；他們必像鷹一樣展翅上騰；他們奔跑，也不困倦，他們行走，也不疲乏。”  
- 以賽亞書 40:31 (新譯本)

“他們對我說：「…耶路撒冷的城牆已經被拆毀，城門也被火燒掉了。」我聽到這些話，就坐下來哭泣，甚至一連幾天都在悲哀、禁食，並向上天的上帝禱告。”

- 尼希米記 1:3-4 (新普及譯本)

### 1. 哀悼—向上帝表達你的\_\_\_\_\_

“上帝賜福給哀痛的人，因為他們必得安慰。” - 馬太福音 5:4 (新普及譯本)

“我滿腦子疑問時，你的安慰給我新的盼望和激勵。” - 詩篇 94:19 (新普及譯本)

“哭泣或許持續了一夜，歡樂卻在清早就來臨。” - 詩篇 30:5 下 (新普及譯本)

“因為我甚麼時候軟弱，甚麼時候就剛強了。” - 哥林多後書 12:10 下 (新譯本)

### 2. 禁食—將\_\_\_\_\_專注於上帝

“你們要禁食、哭泣、哀號，全心回轉歸向我。” - 約珥書 2:12 下 (當代譯本)

“於是我轉向主上帝，在禱告禁食中向他祈求…” - 但以理書 9:3 (新普及譯本)

“現在你們要全心全意尋求上主你們的上帝。” - 歷代志上 22:19 上 (新普及譯本)

### 3. 祈禱—祈求上帝\_\_\_\_\_

“上主啊，我的磐石，我向你祈求。” - 詩篇 28:1 上 (新普及譯本)

### ● 認定\_\_\_\_\_是怎樣的

“後來我祈禱說：「上主啊，天上的上帝，偉大而可畏的上帝啊！你對愛你、順服你命令的人信守慈愛的約。求你垂聽我的祈禱！求你垂顧察看我晝夜為你的子民以色列所發出的禱告。」”  
- 尼希米記 1:5-6 (新普及譯本)

“我還祈求上帝讓你們認識他那不可思議的大能，這大能是為了我們這些相信他的人而彰顯的…”  
- 以弗所書 1:19 (新普及譯本)

### ● 承認\_\_\_\_\_是怎樣的

“承認我們以色列人向你所犯的罪。我與我父家都有罪了。我們向你所行的甚是邪惡，沒有遵守你藉着僕人摩西所吩咐的誠命、律例、典章。”  
- 尼希米記 1:6 下-7 (和合本)

“我們若承認自己的罪，神是信實的、公義的，必定赦免我們的罪，潔淨我們脫離一切不義。”  
- 約翰一書 1:9 (新譯本)

### ● 呼求上帝的\_\_\_\_\_

“求你顧念你對你僕人摩西所說的話，「如果你們不忠，我必把你們驅散到列邦中。但如果你們轉向我，謹遵我的誠命，即使你們流落天涯，我也必從那裏把你們召集到我選為我名所在之地。」”  
- 尼希米記 1:8-9 (當代譯本)

### ● 祈求\_\_\_\_\_的幫助

“「主啊，求你留意聽你僕人的禱告，也聽那些喜愛敬畏你名的僕人的禱告；求你使你的僕人今天順利，使他在這人面前蒙憐憫。」那時我是王的酒政。”  
- 尼希米記 1:11 (新譯本)