

REBUILDING & RESTING

A LENTEN GUIDE OF GOD'S FAITHFULNESS
FROM NEHEMIAH AND HEBREWS

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MAIN FOCUS

WHY NEHEMIAH AND HEBREWS?

With our church reading plans, we try to pick books from both the Old and New Testament. We also look for books with themes or subject material that overlap with either the season we're entering or something our church is studying.

For Lent 2020, we picked Nehemiah as it focuses on personal and corporate confession that seeks reform and renewal. Nehemiah not only connects to our current series and upcoming building transition, but its themes of pursuing God through His Word and setting aside the sins which get in the way also connect with major motifs of the Lenten season.

The book of Hebrews is a great follow-up to Nehemiah. It focuses our eyes on Jesus, our Prophet, Priest, and King, the one who fully cleanses us and renews us from the inside-out. While Hebrews reminds us life for the Church in a season of wilderness—another major theme during Lent—it also leads us to Good Friday and Easter with its clear focus on Christ's redemptive work on our behalf.



READING PLAN & WEEKLY GUIDE

FEBRUARY

| WEDNESDAY 26 | THURSDAY 27 | FRIDAY 28 | SATURDAY 29 | SUNDAY 1 | MONDAY 2 | TUESDAY 3 |
|-----------------------------|-------------|------------|-------------|-----------|-----------------|------------------|
| Nehemiah 1 Ash Wednesday | Nehemiah 2 | Nehemiah 3 | Nehemiah 4 | Grace Day | Nehemiah 5:1-13 | Nehemiah 5:14-19 |

MARCH

| WEDNESDAY 4 | THURSDAY 5 | FRIDAY 6 | SATURDAY 7 | SUNDAY 8 | MONDAY 9 | TUESDAY 10 |
|-------------|------------|-----------------|------------------|-----------|-----------------|------------------|
| Nehemiah 6 | Nehemiah 7 | Nehemiah 8:1-12 | Nehemiah 8:13-18 | Grace Day | Nehemiah 9:1-21 | Nehemiah 9:22-38 |

| WEDNESDAY 11 | THURSDAY 12 | FRIDAY 13 | SATURDAY 14 | SUNDAY 15 | MONDAY 16 | TUESDAY 17 |
|--------------|-------------|-------------|-------------|-----------|-----------|----------------|
| Nehemiah 10 | Nehemiah 11 | Nehemiah 12 | Nehemiah 13 | Grace Day | Hebrews 1 | Hebrews 2:1-13 |

| WEDNESDAY 18 | THURSDAY 19 | FRIDAY 20 | SATURDAY 21 | SUNDAY 22 | MONDAY 23 | TUESDAY 24 |
|-----------------|----------------|-----------------|----------------|-----------|-----------------|----------------|
| Hebrews 2:14-18 | Hebrews 3:1-11 | Hebrews 3:12-19 | Hebrews 4:1-13 | Grace Day | Hebrews 4:14-19 | Hebrews 5:1-10 |

| WEDNESDAY 25 | THURSDAY 26 | FRIDAY 27 | SATURDAY 28 | SUNDAY 29 | MONDAY 30 | TUESDAY 31 |
|-------------------|-----------------|----------------|-----------------|-----------|---------------|----------------|
| Hebrews 5:11-6:12 | Hebrews 6:13-20 | Hebrews 7:1-10 | Hebrews 7:11-28 | Grace Day | Hebrews 8:1-7 | Hebrews 8:8-13 |

APRIL

| WEDNESDAY 1 | THURSDAY 2 | FRIDAY 3 | SATURDAY 4 | SUNDAY 5 | MONDAY 6 | TUESDAY 7 |
|----------------|-----------------|-----------------|------------------|--------------------------|------------------------------|-------------------------------|
| Hebrews 9:1-10 | Hebrews 9:11-28 | Hebrews 10:1-18 | Hebrews 10:19-39 | Grace Day Palm Sunday | Hebrews 11:1-16 Holy Week | Hebrews 11:17-40 Holy Week |

| WEDNESDAY 8 | THURSDAY 9 | FRIDAY 10 | SATURDAY 11 | SUNDAY 12 |
|-----------------------------|-------------------------------------|--------------------------------|------------------|----------------------------|
| Hebrews 12:1-17 Passover | Hebrews 12:18-29 Maundy Thursday | Hebrews 13:1-16 Good Friday | Hebrews 13:17-25 | Grace Day Easter Sunday |

WEEK 1

DAY 1 (2.26): NEHEMIAH 1

Adults:

- What are 1-3 things in your life that feel like they've been broken down that you want God to rebuild? After reflection, talk to God about these things.

Children:

- When Nehemiah heard about Jerusalem's broken walls, what did he immediately do?
- When should we as a family fast and pray?

DAY 2 (2.27): NEHEMIAH 2

Adults:

- Despite having many blessings in life, why was Nehemiah saddened by the condition of Jerusalem?
- How does this reveal his priorities?

Children:

- What did Nehemiah ask of King Artaxerxes?
- In whom did Nehemiah trust? Where do you put your trust when life is hard?

DAY 3 (2.28): NEHEMIAH 3

Adults:

- How did rebuilding the wall require investment and ownership from the whole community?
- What might we learn from that?

Children:

- Who took part in rebuilding the wall? In what ways are we, as a family, taking part in our new church building, not just what we see but who we are as a church?

DAY 4 (2.29): NEHEMIAH 4

Adults:

- Read Nehemiah 4:14 again. What do you need to remember when facing trials, opposition, temptation, or frustration?

Children:

- Who was plotting against them?
- What had God commanded in Deuteronomy 20:17? Sometimes, hard times come because of our sin, the sins of others, or God's way to grow us. How can we look at hard times as a blessing from God?

DAY 5 (3.1): GRACE DAY

DAY 6 (3.2): NEHEMIAH 5:1-13

Adults:

- Why do you think the poor, the outcasts, and the overlooked are so near to God's heart throughout the Bible?
- Do you reflect God's heart and actions in this area?

Children:

- Does God "play favorites"? Do we? How can we show love to all of God's people?

DAY 7 (3.3): NEHEMIAH 5:14-19

Adults:

- What can you learn from the way Nehemiah's sacrifices personal gain for the sake of loving and serving his fellow Israelites?

Children:

- Where do all our blessings come from? How do we treat our things? Do we hold them tightly, not willing to share or loosely sharing with others? What are some ways that we could see "our things" as gifts from God?

WEEK 2

DAY 8 (3.4): NEHEMIAH 6

Adults:

- Despite regular opposition, how does the wall's completion testify to God's faithfulness and power?
- What in your life testifies to the faithfulness, mercy, and power of God?

Children:

- What should we say 'yes' and 'no' to as a family, remembering to seek God's best for us and for others around us? List your families best "yes".

DAY 9 (3.5): NEHEMIAH 7

Adults:

- What might you learn from your walk with Christ through Nehemiah's example of not letting the guards leave their post, especially when there is still much work to do and opposition to experience?

Children:

- How does God continue to show His faithfulness to His people? What do you notice about the list?
- How does God value each person? Each family? Each gift?

DAY 10 (3.6): NEHEMIAH 8:1-12

Adults:

- How can you cultivate a love for reading and hearing God's Word like we see in this section?

DAY 11 (3.7): NEHEMIAH 8:13-18

Adults:

- Do you have any ways to mark, remember, and celebrate God's faithfulness in your life - similar to what the Feast of Booths accomplished?
- What might be ways you can do this throughout the year?

DAY 12 (3.8): GRACE DAY

DAY 13 (3.9): NEHEMIAH 9:1-21

Adults:

- Why is confession of sin such an essential part of how we rightly relate to God? Spend a few moments in confession to God and then resting in His provision of forgiveness and cleansing through Jesus.

Children:

- Why is it important that we understand our sin is against a holy God?
- In what ways does knowing our sin and God's perfect Law lead us to tell Him about our sin and help us to turn back to Him? Pray together as a family, praising God for who He is, telling Him about your sin, and praising Him for forgiveness and the Holy Spirit's help in turning us back to Him.

DAY 14 (3.10): NEHEMIAH 9:22-38

Adults:

- How does chapter 9 help us see the blessings of obedience and some consequences of disobedience?

Children:

- Spend time as a family talking about God's ever-promising faithfulness to you. Review and write in your family's journal more "I Spy God" moments. Include how God is faithful in your day-to-day moments.

WEEK 3

DAY 15 (3.11): NEHEMIAH 10

Adults:

- What are ways Christians are to be "separated" to (or set apart to) our God and distinct from the world?

Children:

- How has God set your family apart for Him?
- God uses His people to fulfill His promises. Remembering all things are from Him, how are you serving the church and the family of God?

DAY 16 (3.12): NEHEMIAH 11

Adults:

- Throughout chapter 11, different individuals or groups are described with markers like men of valor, leaders of praise, those who give thanks, or valiant ones. How do you want people to remember you most?
- What changes might you need to make to leave this kind of legacy?

Children:

- How did each person help to rebuild Jerusalem? If someone described you and your family, what words would they use? Do others see Christ in you?

DAY 17 (3.13): NEHEMIAH 12

Adults:

- Why was the dedication of the temple such a significant moment for Israel?
- How does that help you with what you prioritize and value as well?

Children:

- We are about to celebrate the opening of Pennington Park Church. Although we can have a church without a building, why is this moment in our church history so special?

DAY 18 (3.14): NEHEMIAH 13

Adults:

- How does this chapter and their relationships to the Sabbath teach us about the competing values of the world and God?
- How can you prioritize rest and worship over accumulation, accomplishment, and busyness?

Children:

- What is the Sabbath Day? Why did God command His people to "honor the Sabbath?"
- How does your family set apart time to worship God and rest in His promises?
- Do you prioritize that time within your schedules?

DAY 19 (3.15): GRACE DAY

DAY 20 (3.16): HEBREWS 1

Adults:

- Why is Jesus the perfect revelation of God and superior to angels or anything else in creation?

Children:

- How is Jesus, the Word, used by God to speak to us, His people? See *Hebrews 1:3-4*

DAY 21 (3.17): HEBREWS 2:1-13

Adults:

- Jesus endured suffering as one of us. Why should that stir up a trust and a desire to turn to him in trials?

Children:

- Why did Jesus need to be 100% God and 100% man to become our perfect substitute for our sins? See *Philippians 2:5-11*

WEEK 4

DAY 22 (3.18): HEBREWS 2:14-18

Adults:

- Why and how can Jesus help you when you're tempted?

Children:

- As followers of Christ, we are drawn (tempted) to sin. How can turning to Jesus, through the Bible and prayer, help us to follow Him, even when we are tempted to sin? Spend time in prayer confessing and talking to Him about your sin.

DAY 23 (3.19): HEBREWS 3:1-11

Adults:

- How can you better "consider Jesus" throughout the course of each day?

Children:

- What are some ways that you thought about Jesus today?
- How can you trust Him today and in your future? Memorize Hebrews 3:6 as a family.

DAY 24 (3.20): HEBREWS 3:12-19

Adults:

- If we're to be on guard against rising unbelief or idolatry in our heart, what is one temptation to ask God to help you fight?

Children:

- How are you, as a family, encouraging one another to live for Jesus?
- What are some temptations that draw you away from God that you can share with your family?

DAY 25 (3.21): HEBREWS 4:1-13

Adults:

- Why and how can you better rest in Jesus?

Children:

- How are you, as a family, resting in Jesus with your schedules?
- Pray together as you prepare for time to worship God at church tomorrow.

DAY 26 (3.22): GRACE DAY

DAY 27 (3.23): HEBREWS 4:14-16

Adults:

- What might it look like for you to draw near to God with more confidence, not in you, but in Him?

Children:

- Have you put your trust in Jesus? If you have, how are you "holding fast" (clinging and trusting) to your belief in Jesus?
- Why should we cling to His promises over our good deeds?

DAY 28 (3.24): HEBREWS 5:1-10

Adults:

- How is Jesus different from any other priest, and why does that matter?

Children:

- How is Jesus better than anyone else in the Bible?

WEEK 5

DAY 29 (3.25): HEBREWS 5:11-6:12

Adults:

- In light of the deceptiveness and danger of sin, why should we take these warnings seriously in Hebrews and cling to Jesus?

Children:

- How is each person in your family growing closer to God?
- How is your family as a whole seeking to grow closer?

DAY 30 (3.26): HEBREWS 6:13-20

Adults:

- What are a couple reasons we have "strong encouragement" to hold fast to the hope set before us?

Children:

- Remember some of God's promises that He kept in the Bible. Remember some promises that He has kept to your family.

DAY 31 (3.27): HEBREWS 7:1-10

Adults:

- If the Old Testament repeatedly points to Jesus, what does that tell us about him?
- How does that affect how we read the Old Testament?

Children:

- How is Jesus better than anyone else in the Bible?

DAY 32 (3.28): HEBREWS 7:11-28

Adults:

- Why is it good news that Jesus is right now interceding for his own?

Children:

- Jesus is always keeping us before the Father. How can we be comforted that we are never forgotten, even when we go through hard times?

DAY 33 (3.29): GRACE DAY

DAY 34 (3.30): HEBREWS 8:1-7

Adults:

- Why was the old covenant incomplete and why is the new covenant complete?

Children:

- Why did Jesus have to come?
- Why is the sacrifice of Jesus better than the Old Testament sacrifices?

DAY 35 (4.1): HEBREWS 8:8-13

Adults:

- What are some of the blessings we receive through Christ in his new covenant?

Children:

- If you trust in Him as your Lord and Savior, what blessings are for you in the new covenant (God's Promises) that Jesus kept?

WEEK 6

DAY 36 (4.1): HEBREWS 9:1-10

Adults:

- Why did sin keep people out of the Most Holy Place?
- How does sin affect our relationship with God?

Children:

- Why couldn't the people of Israel enter the Most Holy Place?
- What did our sin do to our relationship with God?

DAY 37 (4.2): HEBREWS 9:11-28

Adults:

- What do we receive because of the blood of Jesus?
- When do you need to remember this the most?

Children:

- Why do we celebrate the Lord's Supper? What do the bread and wine stand for?
- What does God want us to do to remember Him in celebrating the Lord's Supper?

DAY 38 (4.3): HEBREWS 10:1-18

Adults:

- If Jesus' one sacrifice fully forgives and fully cleanses, how might you live in freedom today?

Children:

- How are we cleansed from our sin in Christ?
- How did Jesus' death on the cross make us free?

DAY 39 (4.4): HEBREWS 10:19-39

Adults:

- How does the work of Christ give us boldness? How do we encourage one another with this good news?

Children:

- As a family, find someone to share your faith with so that they may know or grow deeper in love with Jesus. Keep Christ in your heart and on your tongue, and be assured that you are always doing the work of His Kingdom.

DAY 40 (4.5): GRACE DAY

DAY 41 (4.6): HEBREWS 11:1-16

Adults:

- What is difficult about "faith" in God or his promises?

Children:

- What is faith? What do we learn about having faith in God? Memorize *Hebrews 11:1-3*.

DAY 42 (4.7): HEBREWS 11:17-40

Adults:

- What did you learn or were encouraged by in seeing God's faithfulness through the faith of these people?

Children:

- How does the faith of others, whether in the Bible, in the church, or in your family, encourage you to live for God each day?
- How can you be used to encourage others to keep the faith?

WEEK 7

DAY 43 (4.8): HEBREWS 12:1-17

Adults:

- What weights do you need to lay aside or sins forsake to cling to Jesus?

Children:

- What burdens do you carry (guilt of sin) that Christ has already paid?
- How can you help each other to trust in Christ alone to save?

DAY 44 (4.9): HEBREWS 12:18-29

Adults:

- What are little ways we "refuse him who is speaking" or ignore God's Word?

Children:

- What are some ways that you get distracted from reading God's Word or spending time in prayer?
- How can you encourage time in the Word and in prayer?

DAY 45 (4.10): HEBREWS 13:1-16

Adults:

- Which of the commands, exhortations, or ways of living in this section do you most need to apply right now?

Children:

- What things do you need, as a family, to "put off" in order to "put on" living for God more each day?
- How can you help each other to put God first?

DAY 46 (4.11): HEBREWS 13:17-25

Adults:

- What are two things you most want to take away and keep from Hebrews?

Children:

- Write in your journal ways that you have "I Spied God" during your time in Nehemiah, Hebrews, and this special time in our church.

DAY 47 (4.12): GRACE DAY



**PUTTING ON &
PUTTING OFF**

PUTTING OFF & PUTTING ON

WEEK 1 (2.26 - 3.3): PRAYER

Put-off: **PRIDE**. Pride in your own success and your own way.

Put-on: **HUMILITY**. Humble dependence on God through prayer.

Additional ideas for your family:

- Start a family prayer journal, including your "I-Spy God Moments" in your family's life.

WEEK 2 (3.4 - 3.10): TIME

Put-off: the **WORLD**. Centering your schedule and time on things of this world.

Put-on: **CHRIST**. Centering your schedule and time on things of God.

Additional ideas for your family:

- Plan time within your family's schedule to visit a nursing home, send pictures to a sick family member or friend, or make cookies to share with a neighbor.

WEEK 3 (3.11 - 3.17): TALENTS / GIFTS

Put-off: **YOUR** glory. Seeking your glory and fame with your gifts and talents.

Put-on: **GOD'S** glory. Seeking God's glory as gifts and talents to be used for His kingdom.

Additional ideas for your family:

- How has God specifically gifted your family? (eg. music, sports, art, science, etc.)
- What ways can you all use your gifts to bless others around you, your family, your church, or your neighbors? Bless someone with your family's gifting this week.

WEEK 4 (3.18 - 3.24): MONEY

Put-off: **SPENDING**. Spending all money earned on self.

Put-on: **GIVING**. Learning to "give, save, and spend", making giving your first priority.

Additional ideas for your family:

- Every good and perfect gift is from above, including our money and belongings. Begin by practicing a mentality of "giving, saving, and spending". See Children's Ministry eNews for a "giving" give-away on Sunday.

PUTTING OFF & PUTTING ON

WEEK 5 (3.25 - 3.31): GRATITUDE

Put-off: **SELF**. Seeking your own needs.

Put-on: **OTHERS**. Seeking the needs of others with a grateful heart.

Additional ideas for your family:

- Write a thank you to each member of your family this week. Seek to write five notes to people who have blessed your family.

WEEK 6 (4.1 - 4.7): EVANGELISM

Put-off: **PRIDE & FEAR**. When sharing Christ with others, seek to put off pride and fear.

Put-on: **CONFIDENCE**. Show love to others to know and grow in Jesus.

Additional ideas for your family:

- When we realize all that Jesus has done for us, we need to hide it in our hearts, but God cannot be contained. Our faith must spill out to those around us. Seek as a family to share Christ with someone this week, causing those that already know Him to love Him more or those that do not know Him to see the joy that Jesus brings your family.

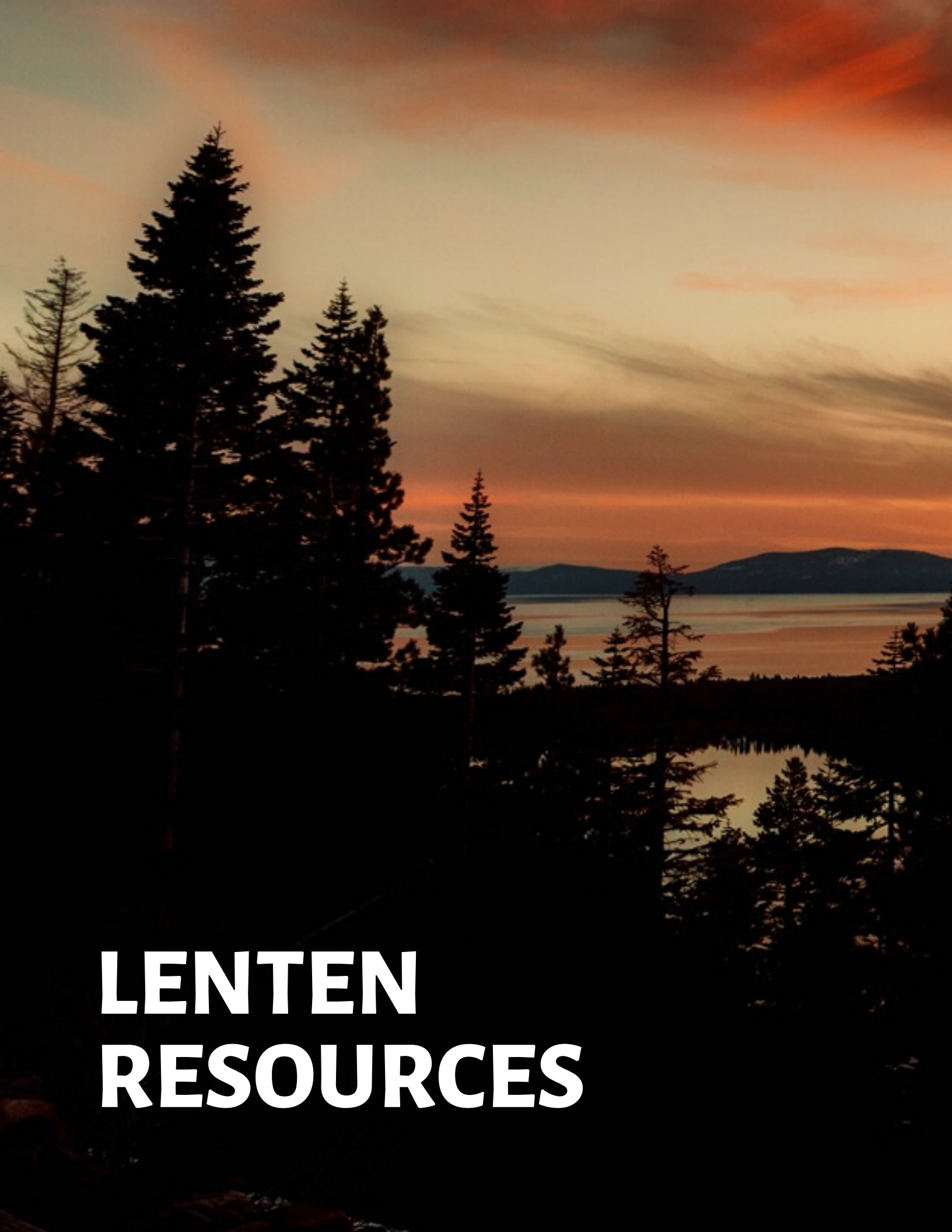
WEEK 7 (4.8 - 4.11): WORSHIP

Put-off: **SELF-WORSHIP**. The desire to worship anything or anyone else other than God alone.

Put-on: **GODLY-WORSHIP**. The need to worship God for WHO He is and model that as a family to other believers.

Additional ideas for your family:

- Our salvation cannot be contained from others, neither can our worship of God. It is because of His great gift of salvation through His Son and the Spirit's work upon our hearts. Come to worship God with the church on Good Friday (4.10) and the Celebration Prayer and Worship Night (4.26)



LENTEN RESOURCES

NEHEMIAH RESOURCES

READ

Read Nehemiah from the *New International Version (NIRV)* or the *Christian Standard Bible (CSB)* for an easier version for your family to understand.

LISTEN

Listen to Nehemiah through the Bible Gateway App. or online in the *CSB read by Jon Mohr*.

WATCH

- Visit bit.ly/StoryNehemiah to watch Nehemiah, God's Story for Preschool - 2nd grade children.
- Visit bit.ly/GPNehemiah to watch The Bible Project overview of Ezra and Nehemiah for 3rd grade to adults.

BUILD

As a family, build a wall out of jumbo cardboard blocks stating God's characteristics (eg. Provider, Protector, Creator, King)

SHARE

Post your families 2020 Lent photos on CP Fishers Facebook Page.

REMEMBER

- Visit fishers.yourchurch.com/history to read about the history of College Park Fishers, soon to be Pennington Park Church
- Celebrate God's faithfulness with the church family on April 26th at 6 p.m.

PRAY

- Visit bit.ly/prayingkids for 9 helpful ways to teach your child how to pray.
- Make a Praying Hand Craft to help your child understand the importance of prayer and how to pray.
- Visit bit.ly/prayinghands for visuals and a free printable.

SEARCH

Look up Nehemiah and the Wall word search puzzles for your child to do that ties in with the book of Nehemiah.

COLOR

Look up free printable sheets of Nehemiah coloring pages for your child to color. Some great coloring pages can be found at www.whatsinthebible.com.

HEBREWS RESOURCES

READ

Read Hebrews from the *New International Version (NIRV)* or the *Christian Standard Bible (CSB)* for an easier version for your family to understand.

LISTEN

Listen to Hebrews through the Bible Gateway App. or online in the *CSB read by Jon Mohr*.

WATCH

- Visit bit.ly/StoryHebrews to watch Foundations of Faith, Hebrews for Preschool through 2nd grade children.
- Visit bit.ly/BPHebrews to watch The Bible Project overview of Hebrews for 3rd grade to adults.

TEACH

- *Raising a Cheerful Giver: Teaching Children to Give Generously* by Catherine Wilson (Focus on the Family)
- *8 Ways to Teach Your Kids About Gratitude* by Katie M. McLaughlin
- *Five Ways to Do Evangelism With Your Kids* by Karen Morris
- *How to Do Family Worship With Young Kids* by Donald S. Whitney (Crossway)
- *Practical Ideas for Family Worship* by Tom Kummer (Ministry-To-Children)
- *Bridge Diagram- Evangelism*

REVIEW

The people who lived long ago at the same time as the Apostle Paul had a decision to make, a much more important decision than just selecting a piece of cake. They had to decide whether they were going to trust Jesus to make them right before God or trust their Jewish religion to make them right before God. It wasn't an easy choice.

On the one hand, those around them who trusted Jesus were being killed by Emperor Nero. He even murdered the great Apostles Peter and Paul because of their faith in Jesus. Most everyone in Rome hated the Christians and made their lives as difficult as possible. So, at first glance, it looked like the better choice might be to turn away from Jesus and trust their Jewish religion.

But someone came alongside to help them compare the two choices and discover which was truly better. That someone was the author of the book of Hebrews. You will remember that the Jews spoke the Hebrew language, so they were often called Hebrews. This author wrote a comparison between Jesus and the Jewish religion to help the Hebrews discover which one was better. Who was that author? No one is quite sure. He didn't sign his message. But one thing we do know for sure. He wanted to show the Hebrews that Jesus is better. One by one he went through the parts of the Jewish religion and showed how Jesus is better than all of them. Jesus is better than anything.



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