

# ONE Thing

## Notes

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Cedar Mill Bible Church

## One Thing - Nehemiah Part 2

### Group Discussion Questions

So first of all, let's talk about the "one thing" you need to change. Maybe it's a:

- Habit you need to break
- Discipline you need to start
- Goal you need to accomplish
- Project you need to complete
- Relationship you need to restore or end
- Direction you need to move
- Debt you need to retire
- Risk you need to take

*If you're ready, take time to share your "one thing" with the group.*

Read **Nehemiah 2:10, 19** and notice how right from the beginning, Nehemiah encountered opposition. *Who or what might bring opposition to your "one thing?"*

**Nehemiah 3** tells us who helped Nehemiah with the wall. *Whose support do you need to help you with the change you are making?*

**Nehemiah 4** is about continued and increased opposition. **Verses 1-3** are about ridicule, but as the project moves forward, the opposition increases. **Verses 6-8** show how real progress can create real resistance. *How might resistance increase as you move ahead with your "one thing"?*

In **Nehemiah 4:10** the external resistance turns to internal resistance caused by fatigue and fear. *Why do fatigue and fear have a significant impact on us? What does your internal resistance look (or sound) like?*

Jump ahead to **Nehemiah 6:1-4** and notice how Nehemiah's response demonstrates his unyielding commitment to what is most important and his willingness to say "no" to things that will distract him from his goal. *What do you need to say no to in order to accomplish your "one thing"?*