



# Teen Faith: Taking Action Like Nehemiah



Discover how teens can pray, lead, and rebuild like Nehemiah when faced with challenges around them.



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## Introduction

Welcome to this empowering three-day Bible study designed especially for teens! Often, teens face a world full of challenges and brokenness, whether in their communities, friendships, or even within themselves. Like the ancient city of Jerusalem, life can sometimes feel as if it's in ruins around us. But God's Word reminds us that we aren't powerless in these situations. *Nehemiah's story is a vivid example of faith combined with action.* He saw the broken walls of Jerusalem and felt a deep responsibility to restore them. What made Nehemiah's journey remarkable was not just his desire, but the way he first sought God through prayer before taking concrete steps to lead and rebuild.

As a teen today, you can learn so much from Nehemiah's example. You may notice problems around you—in your school, your friendships, or your community—and wonder how to respond. This study will encourage you to become a teen who prays first and then acts boldly. **Your prayers can invite God's guidance and strength, and your actions can inspire change.**

Each day will focus on a part of Nehemiah's journey, helping you grow spiritually and practically. You'll read Scripture, reflect deeply, and find ways to journal your thoughts and pray effectively. *Get ready to be inspired to take your own steps of faith, knowing God equips those who trust Him!*





## Day 1: Seek God in Prayer First



Day 1:  Seek God in Prayer First

## Your Verse

*Nehemiah 1:4 – When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.*

## Supporting Scriptures

- *Philippians 4:6 – Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*
- *Psalms 34:17 – The righteous cry out, and the Lord hears them; he delivers them from all their troubles.*



Day 1:  Seek God in Prayer First

## Devotional: Start Every Challenge with Prayer

**Nehemiah teaches us the importance of prayer as the first step when faced with problems.** Upon hearing about Jerusalem's broken walls and the suffering of his people, Nehemiah didn't rush to action without first seeking God. Instead, he mourned, fasted, and earnestly prayed. This shows us that before tackling challenges, it's vital to connect with God, share our heartache, and ask for His guidance and strength.

*As a teen, you might see things that need change—maybe injustice, broken relationships, or struggles in your school. Your first response can be turning to God in prayer.* Prayer centers you, calms your fears, and invites God's wisdom into your decisions. It's your spiritual preparation for the work ahead.

**Remember:** Prayer is powerful. It aligns our hearts with God's and prepares us to act wisely and courageously when the time comes.



Day 1:  Seek God in Prayer First

## Reflect and Apply

1. How do you typically respond when you see a problem or injustice? Do you pause to pray first?

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2. What feelings rise up when you bring your concerns to God in prayer?

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3. How can prayer influence the way you approach difficult situations or people?

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Day 1:  Seek God in Prayer First

## Journaling Prompts

1. Write about a recent problem you noticed around you. How did you respond?

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2. Describe a prayer you can pray now about a challenge you want God to help you with.

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3. Reflect on a time when prayer changed how you felt or acted in a difficult moment.

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Day 1: 📖 Seek God in Prayer First

## Prayer for Today

**Lord, thank You for always hearing me when I come to You in prayer. Help me to develop a habit of praying first, just like Nehemiah, when I see problems or struggles around me. Give me Your wisdom and peace as I bring my concerns to You. Teach me to wait with faith and trust before taking action, knowing You guide my steps. Strengthen my heart to rely on You daily. *Guide me, God, as I seek to make a difference in my world through Your power.* In Jesus' name, Amen.** 🙏✍️📖





## Day 2: 🦵 Step Up Courageously Like Nehemiah



## Your Verse

*Nehemiah 2:17 – 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...’*

## Supporting Scriptures

- *Joshua 1:9 – Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.*
- *2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.*



## Devotional: Courage to Lead and Make Change

**After a season of prayer, Nehemiah didn't hesitate to take action and rally others to rebuild the walls of Jerusalem.** It takes courage to face big problems and step up as a leader, especially when others may doubt or when challenges seem overwhelming.

*As a teen, showing courage doesn't always mean being loud or confrontational.* Sometimes, it's about standing up for what is right, encouraging friends, or making choices that honor God even when it's hard. You have a unique role in your community and social circles to be a positive influence. Just like Nehemiah, God equips you with His Spirit to be bold, loving, and self-disciplined.

**Whatever the 'walls' needing repair around you—friendships, justice, or personal growth—step forward with confidence after seeking God's direction.** Your actions can inspire others to join, and together, you can bring restoration and hope.



## Reflect and Apply

1. What fears or doubts hold you back from stepping up in your community or friendships?

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2. Where do you sense God is asking you to be bold or lead?

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3. How can you rely on God's Spirit to give you strength when you feel weak?

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## Journaling Prompts

1. Write about a time when you showed courage in a difficult situation.

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2. List some areas around you where you see a need for restoration or help.

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3. Pray and write your thoughts about how God might want to use you as a leader.

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Day 2: 🦵 Step Up Courageously Like Nehemiah

## Prayer for Today

**Dear God, thank You for giving me courage through Your Spirit.** Help me to step up boldly, even when challenges seem big. Teach me to lead with love and self-control, inspiring others to join in restoring what is broken. Remind me that You are always with me and that You make me strong. Use me as Your hands and feet to make a difference in my world. In Jesus' powerful name, Amen. 🦵 🔥 ❤️ 🙏





## Day 3: Unite and Restore Together





Day 3: 🧡 Unite and Restore Together

## Your Verse

*Nehemiah 4:6 – So we rebuilt the wall till all of it reached half its height, for the people worked with all their heart.*

## Supporting Scriptures

- *Ecclesiastes 4:9 – Two are better than one, because they have a good return for their labor.*
- *Romans 12:4-5 – Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others.*



Day 3: 🧡 Unite and Restore Together

## Devotional: Together We Restore and Build Stronger

**Nehemiah knew that rebuilding Jerusalem's walls was not a job for one person alone—it took the heart, hands, and teamwork of many.** Together, the people worked with all their heart to bring restoration. This unity is a powerful lesson for us today.

*As a teen, you are part of many groups—family, church, school, friends. When you unite with others who share your heart for change, you amplify your impact.* Encouragement, shared effort, and collective prayer create strength greater than any one person. Don't underestimate the power of collaborating with others to rebuild, heal, and restore.

**Remember that God has given each person unique gifts and roles.** When we combine these gifts and work in harmony, restoration becomes possible, even in the toughest situations.



Day 3: 🧡 Unite and Restore Together

## Reflect and Apply

1. Who around you shares your heart for making positive change?

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2. How can you encourage others to join in restoring what is broken?

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3. What unique gifts or strengths do you bring to your community or group?

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Day 3: 🧡 Unite and Restore Together

## Journaling Prompts

1. Write about a time when working with others made a big difference.

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2. List people you can invite to join you in a positive project or prayer.

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3. Reflect on how teamwork in your life can help restore or build up those around you.

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Day 3: 🧡 Unite and Restore Together

## Prayer for Today

**Father, thank You for the power of community and teamwork.** Help me to unite with others who share Your heart for restoration. Teach me to appreciate each person's gifts and to work with all my heart toward the good You want to bring. Use our combined efforts to rebuild broken places and bring hope where it is needed. May we encourage and support one another as one body in Christ. Through Jesus, Amen. 🧡 🏠 ❤️ 🙏





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