

**Fast and  
pray before  
you leap**

**Neh. 1:4**



**Nehemiah:**

**He was born as the son of the captives of Babylon. He rose to the position of power as the cupbearer of the king Artaxerxes in Suhsan (Persia)**



**Nehemiah sat down and wept when he heard that his people living in Jerusalem are in great trouble and disgrace**

**The walls of Jerusalem were broken down and its gates burned with fire**



**Nehemiah fasted:**

**Fasting refers to the practice of self-denial. Humble yourself to repent, pray and suffer for Christ**

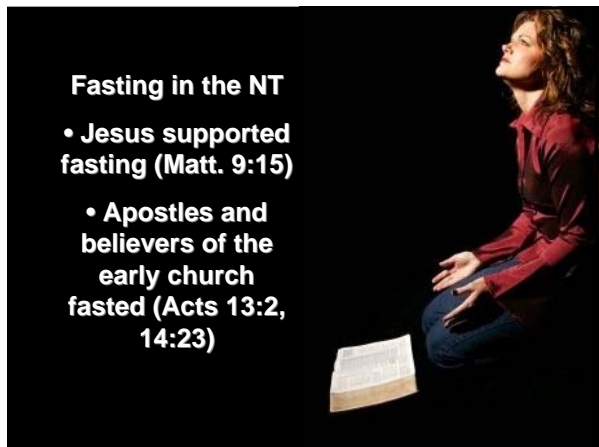
**Fasting in the OT**

- Israelites fasted on the Day of Atonement
- Esther fasted for 3 days
- Jehoshaphat proclaimed a fast




**Fasting in the NT**

- Jesus supported fasting (Matt. 9:15)
- Apostles and believers of the early church fasted (Acts 13:2, 14:23)



**Nehemiah prayed:**

- He prayed for his people
- He confessed the sins of the Israelites
- He reminded God about His promises



**God answered Nehemiah's prayer (Neh. 2:8)**

- King granted his request
- God answered tearful prayers with fasting



**Nehemiah the over comer:**  
Nehemiah overcame ridicule, threats of force, discouragement, and fear in his life

**Fasting will help you to be close to God, enjoy the presence of God, overcome barriers in your life, and increase your faith**

