

## Mannahouse Life at the Table Group Notes

**Series: Rise & Rebuild – Week 1 (October 12)**

**Sermon Title: The Birth of a Rebuild**

**Speaker: Pastor Derrill Corbin**

### Introduction

This week, we launched our “Rise & Rebuild” series through the book of Nehemiah. God specializes in rebuilding what has been broken — in cities, churches, and personal lives.

Nehemiah’s story began with rubble, but through honest reflection, covenantal prayer, and courageous action, God brought restoration. The same pattern applies to us: facing reality, praying according to God’s covenant promises, and allowing that burden to move us toward rebuilding are keys to restoration.

### Scripture Focus

- Nehemiah 1:1–11

### Reflection and Discussion Questions

#### 1. Facing Reality

Nehemiah began by asking hard questions about his people and city. He didn’t hide from the truth. Before he could rebuild, he had to sit down, weep, and bring the pain before God.

#### Reflection Question:

Where in your life or community do you see “burnt stones” — places of loss, discouragement, or deferred hope? What might it look like to face reality before God instead of avoiding it?

#### 2. Praying Covenantal Prayers

Instead of despairing, Nehemiah turned to God’s covenant promises. His prayer reminded God — and himself — of who He is: faithful, merciful, and unchanging.

#### Reflection Question:

When you pray, do you tend to focus more on your circumstances or on God’s character? How can you anchor your prayers this week in the unchanging nature of God rather than your emotions or situation?

#### 3. Letting the Burden Move You Toward Action

Nehemiah’s mourning turned into movement. He prayed, “Give your servant success,” and prepared to act. True prayer always leans toward obedience and forward motion.

#### Reflection Question:

What step of faith might God be prompting you to take — personally or as a group — to participate in rebuilding what’s been broken? How could prayer lead to courageous action in that area?

### Prayer Focus

- Thank God for His faithfulness through every season of loss and rebuilding.
- Pray for courage to face reality with honesty and hope.
- Ask for God's covenant favor and grace over specific areas that need renewal (homes, health, finances, relationships, church, and city).
- Declare together that God is able to restore and rebuild what has been ruined.

### Next Step Challenge

Set aside time this week to meditate on Nehemiah 1:4 — “When I heard these things, I sat down and wept.” Then, take action:

- Journal what breaks your heart for your family, church, or city.
- Walk or drive through your neighborhood, praying for each house and the family or individual it represents. Lift up their pain and brokenness to God, and ask for healing for our city.
- End by thanking God for His promise to rebuild what's been destroyed.