



A  
DISTRACTION  
**DETOX**

UNLIMITED ∞

**DISTRACTIONS**



**NEHEMIAH-**

BUILDING UP THE

TEMPLE



**1 WHEN WORD CAME TO SANBALLAT, TOBIAH, GESHEM THE ARAB AND THE REST OF OUR ENEMIES THAT I HAD REBUILT THE WALL AND NOT A GAP WAS LEFT IN IT—THOUGH UP TO THAT TIME I HAD NOT SET THE DOORS IN THE GATES-**

**2 SANBALLAT AND GESHEM SENT ME THIS MESSAGE: “COME, LET US MEET TOGETHER IN ONE OF THE VILLAGES ON THE PLAIN OF ONO.” BUT THEY WERE SCHEMING TO HARM ME;**

**3 SO I SENT MESSENGERS TO THEM WITH THIS REPLY: “I AM CARRYING ON A GREAT PROJECT AND CANNOT GO DOWN. WHY SHOULD THE WORK STOP WHILE I LEAVE IT AND GO DOWN TO YOU?”**

**4 FOUR TIMES THEY SENT ME THE SAME MESSAGE, AND EACH TIME I GAVE THEM THE SAME ANSWER.**

**(NEHEMIAH 1:1-4)**

# 1. NEHEMIAH'S RESPONSE WAS

FOCUSED



# 2. NEHEMIAH'S RESPONSE WAS

CALM



# **3. NEHEMIAH'S RESPONSE WAS**

A REMINDER



**4. NEHEMIAH'S  
RESPONSE WAS  
CONSISTENT**







A  
DISTRACTION  
**DETOX**