



RE:BUILDING

Pray and Guard

Sunday 22nd March 2026

Nehemiah 4:7-14

Some of you are tired – tired of always being in a battle, or tired from the battle. None of us is more than a rough day or a bad night's sleep away from being/feeling tired.

Today I want you to see the two simple things God's leads every one of his children to do – pray and guard – and in the process, to keep going.

1 In **Nehemiah 4:7** things are getting hotter,

But when Sanballat and Tobiah and the Arabs and the Ammonites and the Ashdodites heard that the repairing of the walls of Jerusalem was going forward and that the breaches were beginning to be closed, they were very angry.

We saw the last couple of weeks, having enemies is something that happens to every Christian. Whether mental, physical, emotional, political, professional, you all have them.

2 Notice what angers the enemy – your progress in the Lord. This is why **Colossians 2:6-7** instructs us,

Therefore, as you received Christ Jesus the Lord, so walk in him, ⁷rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

3 The enemy's tactics are simple. See them laid bare in **Nehemiah 4:8**,

And they all plotted together to come and fight against Jerusalem and to cause confusion in it.

Then enemy will do two things – fight, and confuse. To deal with confusion effectively we need identify its source. Paul speaks of this in

4 **1 Corinthians 14:33**,

For God is not a God of confusion but of peace.

5 Now let's see Nehemiah's instinct in the face of growing opposition from the enemy in **Nehemiah 4:9**,

And we prayed to our God and set a guard as a protection against them day and night.

6 As before Nehemiah prays before any other response. You can only win spiritual battles in spiritual places. **When challenges or trials arrive let prayer be as instinctive as your next breath.** But do we need both?

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- **To pray and not act, says I am not part of God's solution.**
 - **To act and not pray, says I am the only solution.**
 - **To pray AND act, says my God is able, and I am available.**

8 Paul took the same principle of combining prayer and guarding in **Philippians 4:5-7,**

Let your reasonableness be known to everyone. The Lord is at hand; ⁶do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

9 **'Peace' means living as if the battle has already been won.** It's a sense of security you cannot find anywhere else. In Nehemiah he planned to set a guard to protect what was good and what was God's. And that was not the only problem he needed a solution for. In **Nehemiah 4:10-11** it says,

10 In Judah it was said, "The strength of those who bear the burdens is failing. There is too much rubble. By ourselves we will not be able to rebuild the wall." ¹¹ And our enemies said, "They will not know or see till we come among them and kill them and stop the work."

11 It's the same pattern. It is also seen in the Garden of Gethsemane in **Matthew 26:38-41,**

Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." ³⁹ And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." ⁴⁰ And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? ⁴¹ Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

12 God knows your weaknesses, and He does not see them as a reason you need to count yourself out but as a place you can count Him in.

For Nehemiah you then have to add in the people freaking out! **Nehemiah 4:12,**

At that time the Jews who lived near them came from all directions and said to us ten times, “You must return to us.”

Remember the disciples in the storm? Convinced that while Jesus was sleeping they were going to die! No such thing happened. Instead when they felt most powerless HE showed them His power and challenged them to live by faith and not by sight.

Aside from the prayer meetings that surely followed, Nehemiah placed people in all the places they were most vulnerable (**v13**),

So in the lowest parts of the space behind the wall, in open places, I stationed the people by their clans, with their swords, their spears, and their bows.

Ministry will put you in places that do not feel comfortable. But that’s where God in His wisdom is going to win battles.

15 Nehemiah’s words in **verse 14** say this,

And I looked and arose and said to the nobles and to the officials and to the rest of the people, “Do not be afraid of them. Remember the Lord, who is great and awesome, and fight for your brothers, your sons, your daughters, your wives, and your homes.”

In a world where everyone lets everyone else know what they are against, would it not be a refreshing thing to let people know what you are FOR?

And Nehemiah lists all things we should be for – brothers, sons, daughters, wives, homes. And who is missing? The husbands/men. Why? God has called you as men to lead and to fight for these things. You are not to remain seated and passive, as if silence is the only wisdom you understand.

16 It is time to rise to our knees in prayer and humble ourselves into the work of the gospel.