



## RE:BUILDING

### These Hands

Sunday 8<sup>th</sup> February 2026

Nehemiah 2:17-20

Look at your hands. Hold them out empty, and look at the hands you have. Then ask what have they done? What have they not done that they should have done? What have they done that they should have not done.

Whatever your hands are doing, tell me, have they heard the call of your Maker?

Now let us take up God's word in our hands and read our first verse today, **Nehemiah 2:17,**

1

Then I said to them, "You see the trouble we are in, how Jerusalem lies in ruins with its gates burned. Come, let us build the wall of Jerusalem, that we may no longer suffer derision."

If Jerusalem was to be rebuilt, hands would have to do things they had never done before. **If your life, your marriage, your home, your family, your identity, are to be rebuilt, then your hands will have to do something you have probably never done before.**

2

You get to choose, do you suffer the current sense of guilt, embarrassment, unease, derision? Or do you move on?

3

**Proverbs 10:4** reminds us,

A slack hand causes poverty, but the hand of the diligent makes rich.

When we want to hold back in ease and comfort we will become poor, but if you will put your hands to the work, you will become rich – in relationships, in friendships, in marriage, in commerce. The Bible is clear in **Ecclesiastes 9:10,**

4

Whatever your hand finds to do, do it with your might for there is no work or thought or knowledge or wisdom in Sheol, to which you are going.

5

Nehemiah is now ready to tell them what God has placed on his heart to do for the Lord, **Nehemiah 2:18,**

And I told them of the hand of my God that had been upon me for good, and also of the words that the king had spoken to me. And they said, "Let us rise up and build." So they strengthened their hands for the good work.

Tell me, do you know God's hand is upon all those whose hearts are loyal to Him? Did you know that God has gifted you to tread places no one else will tread; to speak to people no one else will even look at; to bring healing where there is brokenness; to speak wisdom where there is nothing but folly?

But if you have failed to pursue the calling God has placed on you, our worse still pursued your own agenda, then God will remove His hand of blessing.

6 Now look at your hands again. Tell me, what is in your hand? **Proverbs 3:27** says,

Do not withhold good from those to whom it is due, when it is in your power to do it.

7 Now **stop watching others do good, for their calling is not your calling**, nor is it within your power to do the good that they have been gifted to do.

One of the most demoralising and frankly shaming aspects of school life was when test results were given back or read out. And not what other kids would say, but rather what teachers would say, using comparison as a means to somehow 'motivate' me. When a child is told, you must achieve a certain grade otherwise you can be sure of never achieving much, you know we have devised a system that degrades children who don't perform and elevates those who do. And both sets of kids believe things of themselves God never intended. The kindest word to describe that system is flawed, but at its worst it is wicked. Parents, NEVER let anyone tell your children what they are worth and what they will achieve except God.

8 When will you **stop settling for the rubble and ruins around you** in society and decide it is time someone spoke truth into this situation before anymore lives are distorted and ruined? And that someone, is me! When?

The good news is, however life has gone, however it started, how it goes from hereon can be 100% defined by what God has said not by what man has said.

9 At the end of **verse 18** is one of the most instructive statements for those who want to truly serve the Lord,

So they strengthened their hands for the good work.

Look at your hands – what are they being strengthened for? How are they being trained today, ready for God’s work tomorrow?

When Samuel went looking for God’s chosen king for Israel, he saw the first seven of Jesse’s sons and knew none of them was who God was looking for so he asked Jesse ‘are all your sons here?’, then in **1 Samuel 16:11** Jesse said this,

10

There remains yet the youngest, but behold, he is keeping the sheep

The word ‘but’ is Jesse’s way of saying he is not what you’re looking for. Maybe you’ve heard those words from your parents, or maybe you’ve said those words of your children. **Using the word ‘but’ when describing a child is a desecration of all that the Lord has called good!** Samuel made them all stand whilst they were waiting for David to be sent for, and then in **verse 13**, God

11

shows them all who David really is,

12

Then Samuel took the horn of oil and anointed him in the midst of his brothers. And the Spirit of the Lord rushed upon David from that day forward. And Samuel rose up and went to Ramah.

When my father as a pastor was lining up the young men to learn to lead services and included me, my mother, by her own admission said this ‘but he doesn’t talk!’. Well, look. What. The. Lord. Has. Done. He did not listen to my mother’s concern, instead I read **Luke 4:18** and this is what I know,

13

“The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed,”

14

Look at your hands. Know this. **These hands of yours are more than enough to serve and change anything for God’s glory** if you will listen to His voice over all the others and obey His calling, in the power of His Spirit.