

February 14, 2010

Am outline for Sunday:

**A Process for Building a Healthy Spiritual Life
Knocking Out the Opposition (#6)
Nehemiah 4:1-12**

- 1. When You Do Something for God You Can Expect Opposition from Without (vss. 1-3; 7-8)**
 - **Ezra 4:1-5**
 - Notice these two forms of external opposition that Nehemiah faced:
 - **Ridicule (vs. 1-3)**
 - **Conspiracy (vs. 7-8)**

- 2. When You Do Something for God You Can Expect Opposition from Within (vss. 10-12)**
 - **Fatigue was Setting In (vs. 10a)**
 - **Frustration was Setting In (vs. 10b)**
 - **Fear was Setting In (vs. 11-12)**

- 3. Knocking Out the Opposition Requires God's Help (vss. 4-5)**