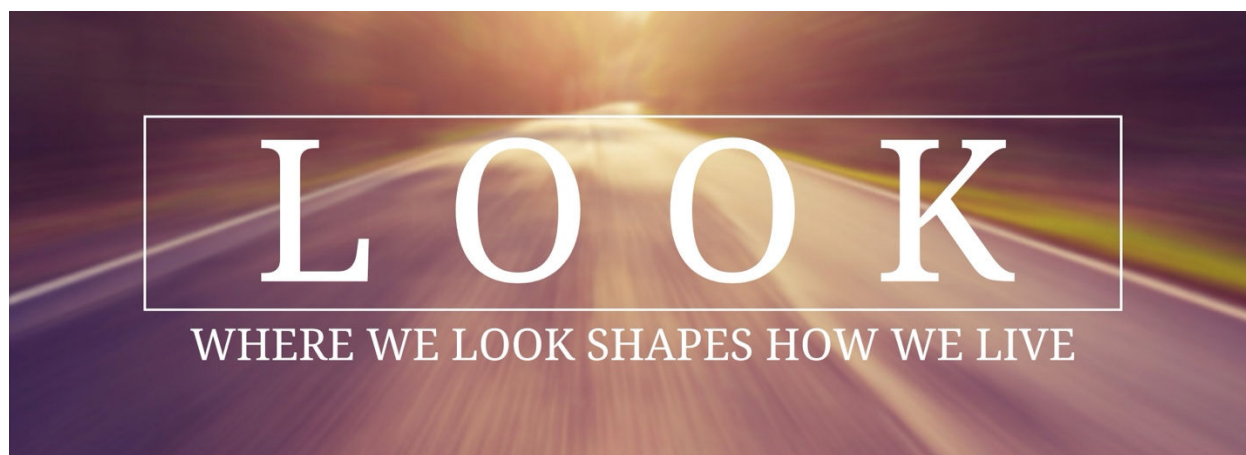




**Growth Group Questions**  
**August 23, 2026**  
**“Look Inside”**

**SCRIPTURE**

**Nehemiah 4:10-23**

<sup>10</sup> Meanwhile, the people in Judah said, “The strength of the laborers is giving out, and there is so much rubble that we cannot rebuild the wall.” <sup>11</sup> Also our enemies said, “Before they know it or see us, we will be right there among them and will kill them and put an end to the work. <sup>12</sup> Then the Jews who lived near them came and told us ten times over, “Wherever you turn, they will attack us.”

<sup>13</sup> Therefore I stationed some of the people behind the lowest points of the wall at the exposed places, posting them by families, with their swords, spears and bows. <sup>14</sup> After I looked things over, I stood up and said to the nobles, the officials and the rest of the people, “Don’t be afraid of them. Remember the Lord, who is great and awesome, and fight for your families, your sons and your daughters, your wives and your homes.”

<sup>15</sup> When our enemies heard that we were aware of their plot and that God had frustrated it, we all returned to the wall, each to our own work.

<sup>16</sup> From that day on, half of my men did the work, while the other half were equipped with spears, shields, bows and armor. The officers posted themselves behind all the people of Judah <sup>17</sup> who were building the wall. Those who carried materials did their work with one hand and held a weapon in the other, <sup>18</sup> and each of the builders wore his sword at his side as he worked. But the man who sounded the trumpet stayed with me.

<sup>9</sup> Then I said to the nobles, the officials and the rest of the people, “The work is extensive and spread out, and we are widely separated from each other along the wall. <sup>20</sup> Wherever you hear the sound of the trumpet, join us there. Our God will fight for us!”

<sup>21</sup> So we continued the work with half the men holding spears, from the first light of dawn till the stars came out. <sup>22</sup> At that time I also said to the people, “Have every man and his helper stay

inside Jerusalem at night, so they can serve us as guards by night and as workers by day.”<sup>23</sup> Neither I nor my brothers nor my men nor the guards with me took off our clothes; each had his weapon, even when he went for water.<sup>[a]</sup>

### **Psalm 56:1-4 (NRS Version)**

<sup>1</sup> Be gracious to me, O God, for people trample on me;  
all day long foes oppress me;  
<sup>2</sup> my enemies trample on me all day long,  
for many fight against me.  
O Most High, <sup>3</sup> when I am afraid,  
I put my trust in you.  
<sup>4</sup> In God, whose word I praise,  
in God I trust; I am not afraid;  
what can flesh do to me?

### **Psalm 56:8-11 (NRS Version)**

<sup>8</sup> You have kept count of my tossings;  
put my tears in your bottle.  
Are they not in your record?  
<sup>9</sup> Then my enemies will retreat  
in the day when I call.  
This I know, that<sup>[a]</sup> God is for me.  
<sup>10</sup> In God, whose word I praise,  
in the LORD, whose word I praise,  
<sup>11</sup> in God I trust; I am not afraid.  
What can a mere mortal do to me?

### **Philippians 4:6-7**

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

## **QUESTIONS**

1. In Nehemiah 4:10-12, when the Israelites who were rebuilding the walls of Jerusalem were surrounded by both internal and external negativity, Nehemiah told them to “Remember the Lord who is great and awesome.” How does shifting your focus from your circumstances to God and His character change your perspective when you are facing difficult times?
2. Pastor Paul shared that Henri Nouwen once said we have to decide whether we will live in the “house of fear” or the “house of love.” What characteristics do you identify with the “house of fear” and the “house of love”?
3. What lessons can we learn from David’s response to fear found in Psalm 56?

4. David anchored his faith in God's Word. Do you have a specific Bible verse that you use to remind you of God's faithfulness when you are going through difficulties? What is it and how does it help you?
5. In Philippians 4:6, the Apostle Paul says we are to present our requests to God with thanksgiving. Why is it important to include gratitude while you are in the midst of requesting help for a difficult situation?
6. In Philippians 4:7, the Apostle Paul speaks about the "peace of God." How would you describe the peace of God?
7. What does it mean to you that "the peace of God will guard your hearts and minds in Christ Jesus?"
8. Pastor Paul said that, not only should we pray through our difficulties, but we should also praise our way through difficult times. What does that mean to you?

#### **PASTOR PAUL'S SERMON QUESTIONS**

1. If you have been spending too much time in the "house of fear" lately, what can you do this week to choose the "house of love?"
2. Is there someone you can share your "anxiety of fears" with so that you don't feel isolated or alone?