

***“I also told them about the gracious hand of my God on me and what the king had said to me. They replied, “Let us start rebuilding.” So they began this good work..”  
Nehemiah 2:18 (NIV)***

“Let us start rebuilding”. In the context of this verse Nehemiah is talking about rebuilding a city which is a massive task, but it is what he was called by God to do and so he set to work.

I doubt many of us will be tasked with such a colossal task. But that doesn't mean that this verse can't speak to us on a different level. Some of us need to rebuild our lives. It could be as simple as pulling ourselves out of a rut that we have formed around procrastination - though that isn't easy. It could be restarting a life from scratch after an illness, redundancy, bankruptcy causing debts, or recovery from addiction. Or it could be anything in between where we just feel we've got a little, or a lot, off track. Rebuilding takes time, patience and a lot of perseverance (or staying power) to get it done. Like most things in life, having to rebuild is never going to be easy.

There will be obstacles. Things may not, in fact they probably will not, go to plan. It may be that what we thought we were rebuilding turns into something completely unexpected. If you're looking for work it isn't easy - I know, I don't have any references which keeps putting a spanner in the works for my hunting, but there are things out there, I just have to keep looking for a job that doesn't need references or any experience and start from scratch again. I have to trust that God will put the right thing in my path at the right time or that my website will hit it off enough to cover the bills.

Rebuilding is something none of us wants to have to face, but even if it's just rebuilding a routine of prayer and bible reading into our lives, we all have to face it to some degree, and none of us wants to be given empty platitudes from people who have no idea how difficult it really is to create new habits, find work or rebuild health and fitness from scratch. I can't tell you how to rebuild the part (or parts) of your life that need to be rebuilt, but I can tell you that for me my rebuilding process is based on taking one day at a time and designating guilt free lazy days when I need them. I also have a diary that I use most days to put a to do list in that I try to tick off. Just achievable things - I even put deliveries on the list as it feels good to tick something off even if that's all I get done that day. You may find journalling, scrapbooking or standard SMART goal setting techniques work best for you. Just don't rush it. If you used to run 5km every week and you had an illness that meant now walking to the toilet is a chore, don't beat yourself up over what you can no longer do...focus on what you have done. How far you have already come. You may actually surprise yourself! Perhaps you have gone from shuffling from the bed to the toilet to actually walking the distance. Sounds insignificant and you may not have noticed, but it's a huge step in the right direction!

Whatever part(s) of your life you need to rebuild, with God's help you can grow into whatever it is God wants you to be for the present.

### **Pray;**

Lord God, we all have parts of our lives we need to rebuild. Things that feel like they're just piles of rubble or jigsaws where we don't always know where to start to get the full picture, but we thank you that you have the full picture of our lives in your mind and the ability for us to achieve that new version of ourselves can be found through working with your vision. Whatever we are rebuilding, however big a task it may seem, we ask for your strength to help us to keep on keeping on until we achieve the goal you created us to achieve. We lift all our struggles that seem too difficult to overcome up to you. Thank you for listening to our prayer. Amen.