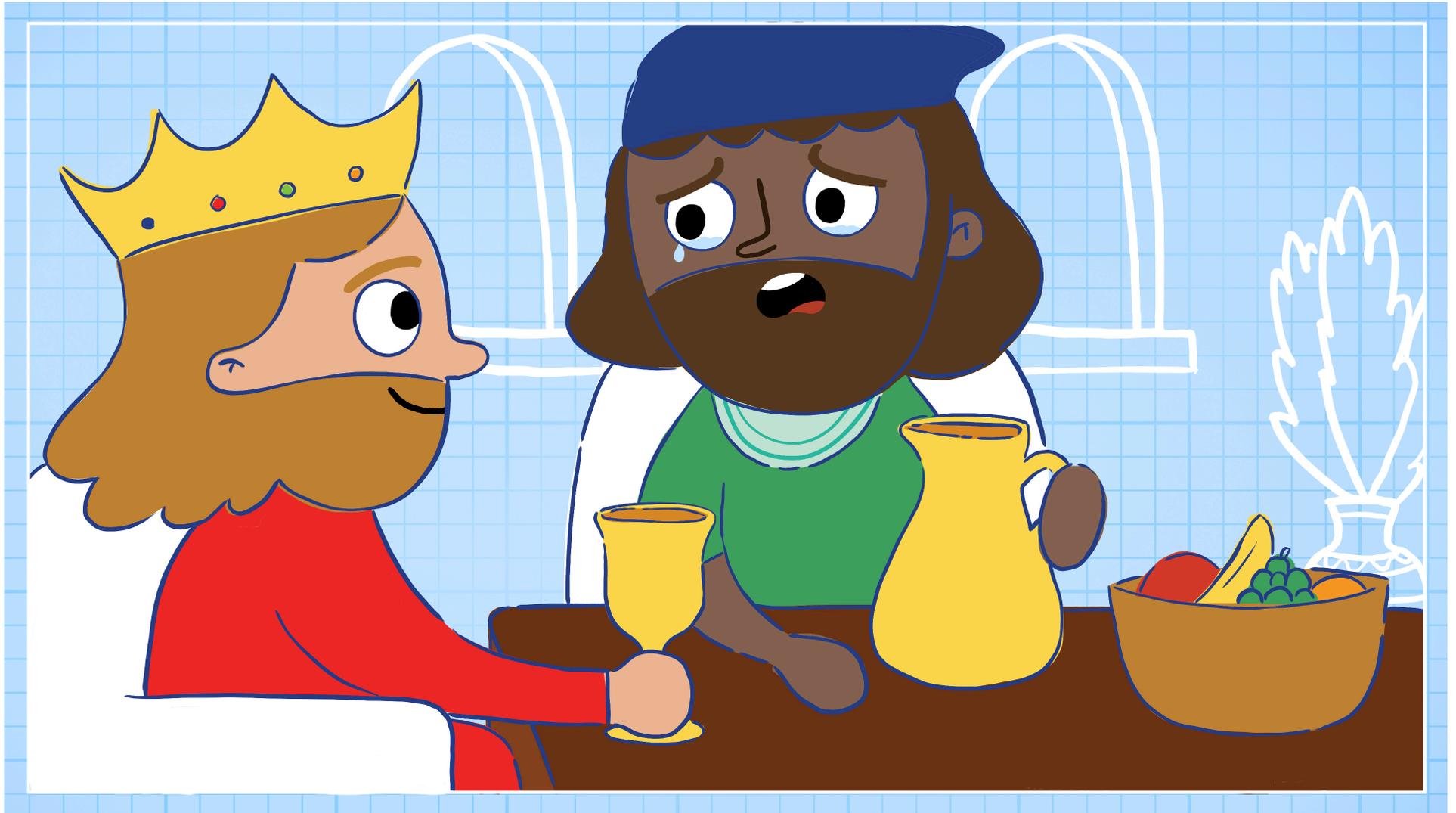


Nehemiah

Nehemiah 1-6

(Point to the man in the blue hat) ***This is Nehemiah.*** (Pronounced: Nee-uh-my-uh)

Nehemiah had moved to the king's palace and was one of the king's best helpers. One day, Nehemiah heard that the walls of his hometown were falling down.

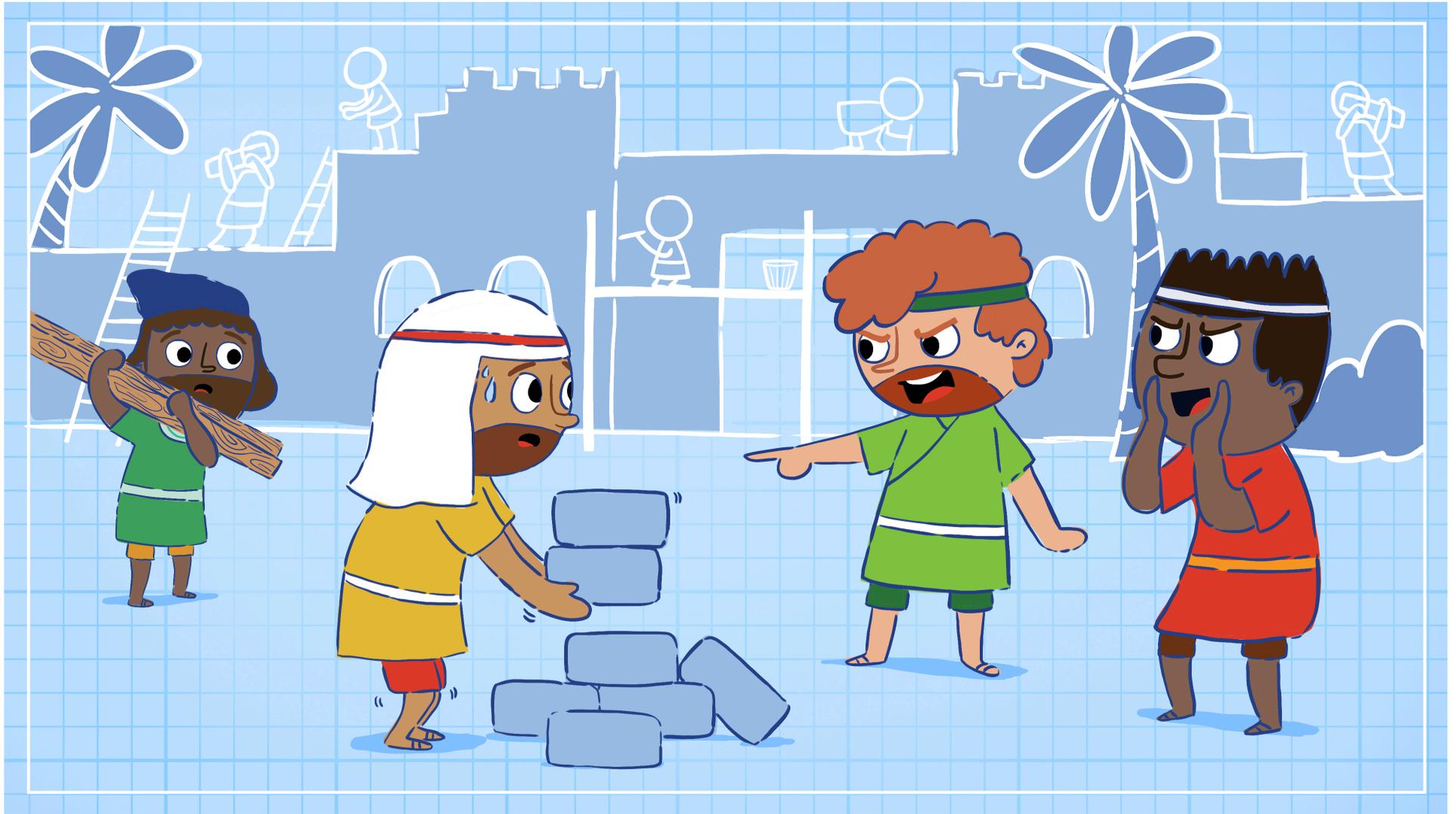


(Point to Nehemiah) *Nehemiah was upset because this meant that the people there were not safe. Nehemiah wanted to go home and help fix the walls. When he asked the king for permission to go, the king said yes.*

Builder buddies, on the count of three, let me hear you say, “Yes!” One, two, three! (Everyone will say, “Yes!”)

So, Nehemiah left the king’s palace, and he went back to his hometown.

Let me see you pretend to walk, like Nehemiah. (Everyone will pretend to walk)



While Nehemiah and his friends were busy rebuilding the walls, there were some people who became very mad.

(Point to the angry men on the picture) *Show me what a mad face looks like.*
(Everyone will make mad faces)

Oh, my! You do look mad! The people who were mad shouted mean things and made fun of Nehemiah and the people working to rebuild the wall.

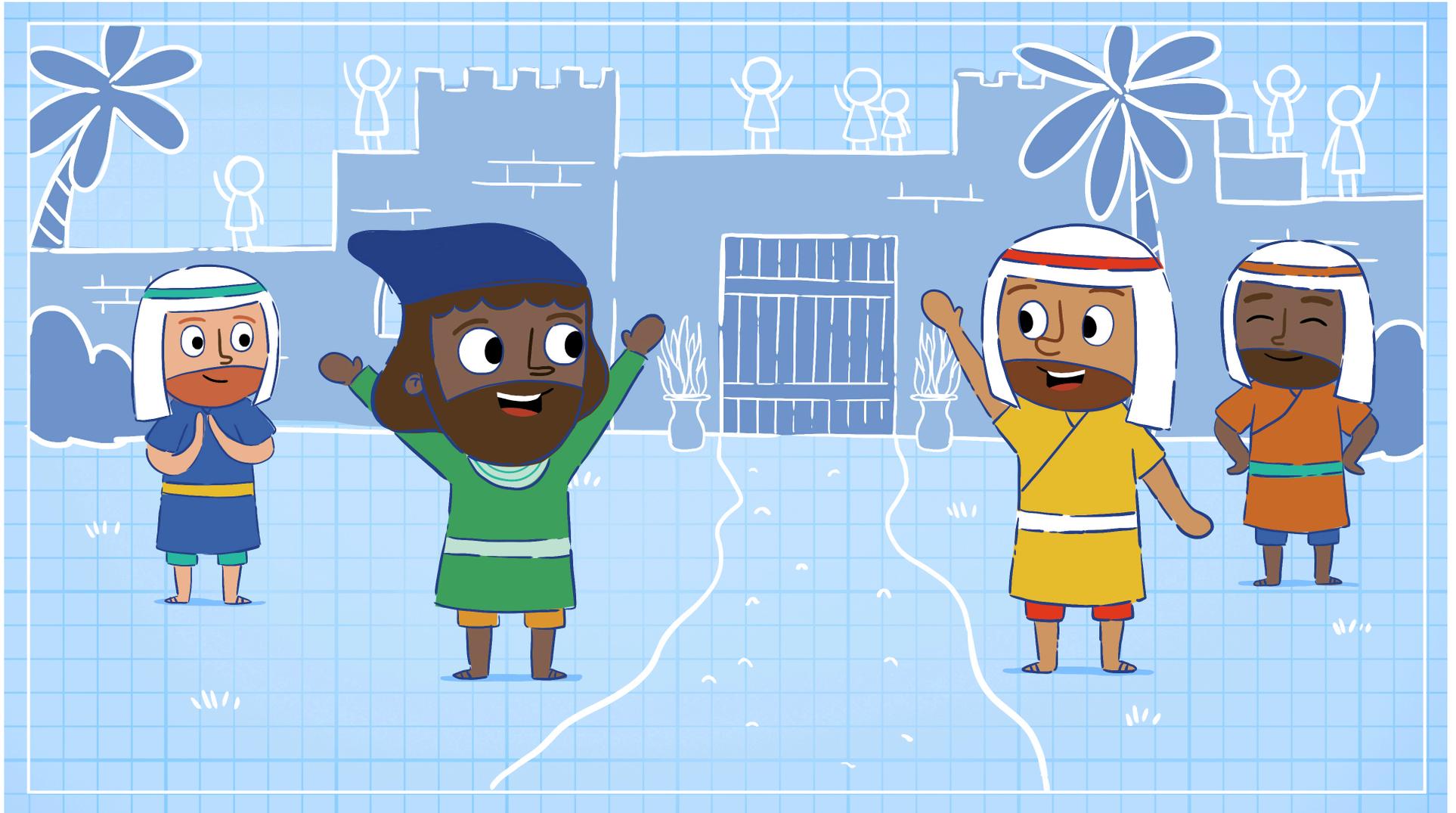
Do you think Nehemiah got mad and said mean things back to the men?
(Allow responses)



These men did make Nehemiah mad, but he (hold hand up in “stop” motion) stopped and prayed. Nehemiah asked God to help him not let his anger make him do wrong things.

Do you think God helped Nehemiah? (Allow responses)

God heard Nehemiah’s prayer, and He helped him do what was right.



God helped Nehemiah and his friends rebuild the walls really fast!

When Nehemiah was mad, God helped him. When you're mad, God will help you, too!

When we start to feel mad, we can* (hold hand up in “stop” motion) *stop to think about what we're feeling and* (cup hands around eyes) *look around to see what's making us feel that way. Then we can* (click on listening ears) *listen to what God tells us in His Blueprint. God says that when we're mad, He helps us!

***Let me hear you say this after me:* (Pause to allow kids to repeat)**

When I'm Mad, (make sad face)

God (both hands point up)

Helps Me (hands in front, palms up)