



JACK  
HAYFORD

REBUILDING  
THE  
REAL YOU

THE DEFINITIVE GUIDE *to the*  
HOLY SPIRIT'S WORK IN YOUR LIFE

STUDY GUIDE

# REBUILDING THE REAL YOU

*The Definitive Guide to the Holy Spirit's Work in Your Life*

by Jack Hayford

## STUDY GUIDE

*This study guide parallels, chapter by chapter, the book of the same name. Its questions are intended to both reinforce and personalize concepts presented in the book. Keeping a notebook or journal in which to write your answers (and anything else the Holy Spirit may bring to mind during your study) is recommended for maximum benefit. Information about obtaining the book and/or related resources can be found in Appendix 3.*

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*Part One* – WHAT NEEDS REBUILDING?

CHAPTER 1

## MEETING A FOREVER FRIEND

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The Holy Spirit is the third person of the Trinity, one expression of the God who loves us, redeemed us, and longs to bring us to the full realization of His created purpose in us.

- What is the Holy Spirit like? (John 14:17)
- What is the Holy Spirit's mission? (John 16:14)
- What has He come to do? (John 14:16)

The practical development of God's work in a believer's life requires that we give a growing place to the Holy Spirit's working within us.

- When does the Holy Spirit enter a person's life?
- What are the expressions of the Holy Spirit that God wants us to see developed in us?
- What is the process that the Holy Spirit seeks to advance in our lives, and what part do we have in that?

While our eternal destiny is secured when we open to new life in Jesus Christ, our pathway of spiritual and emotional growth as a disciple is often cluttered with obstacles left over from the past.

- What residue of past habits, lifestyle, or hurt still tempts or troubles you?
- Do those problems mean you aren't really saved?
- By what relationship can those things be resolved?

In the Book of Nehemiah, we see how the Jews were given "rebirth" to their ancestral land, but their recovery as a people was incomplete because of the damage and destruction that had taken place to walls of their city.

- In what ways is Nehemiah a picture of the Holy Spirit?
- What does the name "Nehemiah" mean?
- What do God's people need besides rebirth?

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### *Going Deeper*

1. What is your present conception or evaluation of the role of the Holy Spirit in your life?
2. Are you aware of any limitations or preconditions you have placed on the Spirit's work?
3. Read John 14:17. What kind of person cannot receive the Spirit, and what does this description mean?
4. In what areas of your life do you sense the need for a divine Helper? Specify points you see as needful of "recovery" or "restoration."
5. What weakened or damaged areas in your personal life or family life could use some rebuilding?

CHAPTER 2

## **ESTABLISHED, STRENGTHENED, SETTLED**

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The Book of Genesis tells us that God designed men and women with a higher estate and innately superior destiny than we now experience, and that the entry of sin into the world changed everything drastically.

- What aspects of our created purpose were lost as a result of the Fall?
- Are those fully recovered with salvation?
- What does God's rebuilding project focus on?

While the people were returned to their land and rebuilt the temple in which worship was restored, their situation was incomplete. Without a wall, their city was open to attack and their worship open to mockery.

- Are there areas of your life that seem to still be a contradiction to the power of the God you worship?
- What message of hope is there in the Book of Nehemiah?
- Along with relationship, what else does God want to restore in believers' lives? In your life?

Salvation through Jesus Christ assures us we are no longer dominated or controlled by our past. But for the full dominion of Christ to rule in our lives, our human personality needs to be rebuilt. This requires patience.

- What three aspects are there to the rebuilding stage of Christian life?
- Are the broken walls of your personality the direct result of your sin alone?
- What do you think caused the damage?

*Going Deeper*

1. Can you identify specific places where your “walls”—your personality—have been eroded, broken, weakened, or severely damaged through scarring experiences or through sinful failure?
2. To deal with this, define your sense of how to be open to receiving the Holy Spirit as your helper; toward partnering with His enabling assistance leading to recovery from those points of pain or weakness.
3. Have you ever felt that you were experiencing the certain consequences of disobedience? Have you been tempted to feel guilt again rather than to know these are signals to draw on fresh grace for full restoration?
4. Do you feel you lack patience—toward yourself or toward others—in the slow process of rebuilding the walls of your life, your character, or your personality?
5. What are some ways you sense you may have inherited certain points of struggle—i.e., been “genetically impacted,” either socially, spiritually, mentally, or emotionally?

CHAPTER 3

## TEMPLE AND SPIRIT, WALLS AND SOUL

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God's Word distinguishes between the soul and the spirit, and each is analogous to the walls (soul) and the temple (spirit) of our study.

- Define the spirit and soul and their relationship to the body.
- How do these correspond to the Jerusalem of Nehemiah's day?
- Have you ever felt the need to pretend to be what you thought a Christian is "supposed" to be like?

The Holy Spirit is grieved by the broken-down condition of a believer's soul, just as Nehemiah was dismayed by the rubble of the walls around Jerusalem, which allowed the peoples' adversaries to mock their worship to the Lord.

- What are the three essential facets and functions of your soul?
- What does your soul comprise?
- What does your soul determine?

"Broken walls" hinder the capacity of the mind to resist unwanted ideas and cripple a believer's emotional strength and ability to be courageous or stable in crises.

- How do mental and emotional forces work against our will?
- Name the five things that most hinder your spiritual growth.
- What guarantees our hope in the face of those things?

The reason Jerusalem hadn't been rebuilt was because of opposition and a lack of resources. Just as Nehemiah came with everything needed and enlisted the active help of the people themselves, so the Holy Spirit comes with the resources of Heaven to partner with us.

- Are you "fully persuaded" that you belong to the Lord and that He loves you?
- How is God's restoration program included in His gift of redemption?
- What has been broken or stolen from your life that you want to see restored?

*Going Deeper*

1. Just as most people have a dominant right or left hand, so spirit, soul, or body may tend to dominate in some personalities. What part of you would you say tends to most influence your choices—mind or emotions? What do you think others of your family would say about your answer?
2. Narrowing your focus to the soul, which of its dimensions—the intellect, the emotions, or the will—do you think is dominant in your personality?
3. Take time to draw your own diagram of the human make-up. Go deeper into describing the traits of each part and how they interplay with one another in your life.
4. What part of your being do you perceive as most needing the Holy Spirit's assistance in rebuilding?
5. Do a review of the Book of Ephesians this week, noticing the relationship of the whole of this study to the balance that book gives to (a) our lives in Christ (secured), and (b) our lives in this world (under fire).



CHAPTER 4

## PARTNERING WITH THE HOLY SPIRIT IN PRAYER

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Nehemiah believed in the power of prayer, and, seeing the results he received, we should too. His prayers are the kind of praying that the Holy Spirit assists believers in.

- What should our prayers begin with, and why?
- What is more important than the record of our past performance when we pray?
- What action on our part is the key to receiving the Holy Spirit's help?

Praying according to the promises of God's Word reminds us that it is His nature to be good, loving, and merciful toward us.

- In what ways does the Holy Spirit help us to pray? (Romans 8:26-27)
- What is "praying in the Spirit"? (Acts 2:38-39)
- How can we receive the Holy Spirit's insight and wisdom? (Jude 20; Ephesians 6:18)

### *Going Deeper*

1. Do you find that prayer comes easily for you, or is it a struggle? If you find it difficult, why is that?
2. Can you testify to some instances of dramatic—or seemingly quite ordinary—answers to prayer in your own life?
3. Are you aware of an aspect of obedience that you need to deal with in prayer? Is there any conscious disobedience that might block your access to the Father in prayer?
4. Does the "language" of some formal prayers in church—or any other ritual habit—present any kind of a barrier to your praying in public? In private?
5. Do you want to know more about receiving your spiritual language and the fullness of the Holy Spirit? See *Appendix 1* at the end of this Study Guide.

CHAPTER 5

## WHAT HOLINESS IS REALLY ABOUT

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The word “holy” in some form occurs nearly seven hundred times in the English Bible, yet the implications of that word vary widely. The average believer may tend to see holiness as a demanding standard of life that seems to be well beyond them.

- What is “holiness” really about?
- How does God’s Spirit make holiness a practical work in the depths of our being?
- What is God’s promise regarding both Jerusalem’s broken walls and our own broken hearts?

By the standards of the highest court in the universe, God regards you as holy when you put your trust in Jesus Christ. He regards you as perfect because Jesus was and is perfect.

- Name two important points about what holiness is.
- What does that mean to you personally?
- At the time of our new birth, what does the Savior place in us?

Because of God’s Spirit having come alive in us, the more we grow in Jesus, the harder it gets to keep on sinning in the way we used to.

- Are you finding that indulgences that used to be acceptable no longer seem worth it?
- Have you noticed since your rebirth more of a heart to please God?
- What attributes of His character have you seen beginning to develop in your life?

Nehemiah, who was cupbearer to King Artaxerxes, asked the king’s permission to go and rebuild Jerusalem. Astoundingly, he requested a twelve-year leave of absence. Nehemiah exemplifies the character and heart of the Holy Spirit who is committed to our completion, no matter how long it takes.

- Will you stand on God’s promise to “perfect” you? (Psalm 138:8)
- Do you believe that He can make you whole? (Matthew 14:36)
- Are you open to the Holy Spirit’s inflowing so that rivers of His life will flow out of your inner being? (John 4:14)

*Going Deeper*

1. What is the popular perception or definition of a “saint”? How has that changed in your mind with the biblical definition provided in this chapter?
2. Are conditions at your workplace or in your home making it difficult to remember that you are called to be “holy” or “set apart for God’s special use”?
3. Can you accept the affirmation in this chapter that the nature of God is not to be content until those He loves are fulfilled in His purpose?
4. God is portrayed in Scripture as both “high and lifted up” and able to dwell in the lowliest of hearts (see Isaiah 57:15). Is your own main concept of God weighted toward perceiving Him as totally “other” from man or as a companion and friend?
5. What positives in accepting, or negatives in over-emphasizing, can you see in the idea of “positional” holiness before God?

*Part Two* – THE REBUILDING PROCESS BEGINS

CHAPTER 6

**RESOURCES AND AUTHORITY**

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In order to complete his rebuilding project, Nehemiah requested and received from the king four specific resources that provide us with insight into resources we need for rebuilding our personalities.

- Describe these four resources in context with Nehemiah.
- How do they apply to you?
- What do we learn about God’s redemptive program in Nehemiah’s conjoining of old and new materials?

*Going Deeper*

1. Weighing the elements of promise in the Holy Spirit’s readiness to provide the *time, authority,* and *resources* for building or restoring matters in your life, what response do you offer? Patience, to match His? Trust, to receive His strong correction? Peace, to receive His strong protection? What resources do you feel you need to open yourself up to receiving from Him?
2. Nehemiah needed “letters of authority” as passports and supply requisitions in order to rebuild the walls of Jerusalem. In your notebook or journal, write your own “letter of authority,” allowing the Holy Spirit to inspire your heart with a sense of His personal attention to those issues that will need to be faced as you are being built/restored.

CHAPTER 7  
**ANGELS AND ADVERSARIES**

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Both the Old and New Testaments have a great deal to say about angels. While we are warned in the Word not to become preoccupied with the subject of angels, we are to have an understanding of their activities.

- To whom have angels been assigned to minister?
- Describe four occasions of angelic activity from the Bible.
- What is God's promise regarding angels?

Though equipped with resources and authority from the king, Nehemiah faced a journey across land that was teeming with outlaws and serious opposition to the rebuilding project.

- What is the job of angels on our behalf?
- What opposing forces have been "stationed" across your life pathway?
- What does God's Word say regarding the nature of the battles we face?

God's Word reveals Satan as a distinct, vile personality who commands forces of lesser fallen angels.

- Give three descriptions of Satan based on Scripture.
- How did he gain the dominion he exercises on this planet?
- What are Satan's limits? What will overthrow him?
- As Nehemiah is a picture of the Holy Spirit, who in this story is a picture of Satan?

*Going Deeper*

1. The original meaning of the Greek term for "angel" was messenger. Name two important events in the life of Christ when an angel filled this role. (See Luke 1:8-14; Matt. 28:1-8.)
2. Have you come to terms with the reality of the fact that angels are active in the world today?
3. Have you ever experienced an instance or instances when you believe Divine protection or provision came to you by reason of angelic activity?
4. Beside instances when angels may be appointed to our defense by the Father, what other means of protection from Satan does the Christian have? (See James 4:7.)

CHAPTER 8

## BREAKING LOOSE FROM CONDEMNATION

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The story of Nehemiah provides truth that serves to unmask another obstacle to our fullest development, namely *condemnation*.

- What did Nehemiah do before he began work on the rebuilding process of Jerusalem?
- Write down three verses in Scripture that have to do with God's restoration process.
- What areas in your life need to be "surveyed" before the work begins?

Nehemiah's arrival at Jerusalem was not followed by immediate action but by three days of inactivity.

- Have you ever felt concerned, confused, or condemned at the apparent "quietness" of the Holy Spirit to respond? Write down one to three occasions in which that has happened (or is happening) in your life.
- What do you think God was (or is) doing during that time?
- How did you feel when He finally responded?

The Valley Gate derives its name from the Valley of Hinnom, a place where human sacrifices had been offered. Its prospect is a logical picture of hell—a place outside Christ, with neither hope nor meaningful destiny.

- What does this Gate represent, and why did Nehemiah begin his survey there?
- How does that apply to the Holy Spirit's work in our lives?
- What does it represent specifically in your life?

As we track with Nehemiah, starting through the Valley Gate and coming to the Serpent Well, we can envision a picture of the Holy Spirit.

- What is Nehemiah's journey to the Valley Gate and Serpent Well indicative of in our lives?
- What resource do we have against the enemy's efforts at condemnation?
- What does God's Word say about the record of our past sin?

*Going Deeper*

1. Are there any “shadows” of guilt that reach from your past into your present? Any incidents you would feel willing to share with a prayer partner? Prayer can break the back of residual condemnation, and may also be applied to rebuke the spirit of condemnation that so often delights to keep us in those “shadows.”
2. A simple exercise to impress on our minds the fact of Christ’s forgiveness is to write past sins on a small piece of paper, crumple the note and (safely) burn it; at the same time, recalling Jesus’ words, “It is finished!”
3. Read Revelation 12:9, 10. Who is called “the accuser of our brethren,” and what other traits does he have?
4. Have you ever come through a period of “darkness” and discovered that God was tending to you even when you weren’t aware of it? Rehearse this with praise.
5. Review the Scripture verses clustered in this chapter and write them down for reference as a weapon against recurrent accusations of the Adversary.

CHAPTER 9

## TWO MORE GATES AND A LIFE-GIVING POOL

There are very real miracles involved in our learning to walk in the life of the Spirit of God, but that doesn't preclude the gradual learning process. We must start with the basics and watch for occasional miracles.

- What does the Refuse or Dung Gate of Nehemiah's story represent in our lives?
- Why does the Holy Spirit point out sin to us?
- How should we respond when He does?

The people of Nehemiah's day went through the Fountain Gate daily in order to get fresh water. Near the Fountain Gate was the King's Pool.

- What does the Fountain Gate depict?
- What was remarkable about the King's Pool, and what does it provide us a picture of?
- Write down what's been learned so far about the Valley Gate, the Serpent Well, the Dung Gate, the Fountain Gate, and the King's Pool.

### *Going Deeper*

1. What issues in your life tend to bring you to impatience, doubt, or discouragement about there ever being improvement toward what you believe would please the Lord?
2. Have you experienced, or been witness to, an instantaneous healing such as that of the Hayfords' little boy's feet? (What is your reaction to the "ordinariness" of the way that phenomenal thing took place?)
3. What roadblocks to our personal growth can result from habitually expecting miracles to solve our problems? On the other hand, what dangers lie in not expecting or relying on the availability of God's miraculous intervention in our lives?
4. What is the relationship between God's Word and honest confession, as a means of living at the "Fountain Gate"? How has using and responding to the Word of God brought about progressive purification in your life?



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5. *The Williams New Testament* translates 1 John 1:7, “But if we continue to live in the light, just as He is in the light...the blood of Jesus His Son continues to cleanse us from every sin.” What encouraging promise and hope does this verse have for sins of which we are unaware?
6. Close this session with prayer that focuses on a confession of unpurged sin that you would like to make in open, humble acknowledgment of need and in the presence of the Lord.

CHAPTER 10  
**INVITATION TO BUILD**

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After the three days, Nehemiah gathered the Jews, the priests, the nobles, and the officials to tell them why he had come and to rally them to the wall-building cause.

- What was it about Nehemiah that elicited trust and cooperation from the people?
- In what way was Nehemiah's attitude toward the people he came to help like that of Jesus?
- How does the Holy Spirit's invitation alone restore and strengthen us, and how can we, in our dealings with people, invite (or discourage) their consensus?

Nehemiah's sensitive approach toward assisting the people of Jerusalem is important for many reasons.

- What did Nehemiah give up to come help the people? How is this similar to the way God comes?
- What is at the heart of God's redemption program?
- Write down the three things that characterize the Holy Spirit's mission to rebuild us and how that makes you "feel better about yourself."

No sooner had the people taken Nehemiah's invitation to heart and set their hands to the rebuilding process than they were confronted and mocked by their opponents.

- What kinds of things has the enemy of your soul said to discourage you from hope?
- With what did Nehemiah respond?
- Write down God's answers to the challenges of the Adversary to your rebuilding project.

Jesus taught three parables to show us God's heart and to give us a clear picture of how Father God feels about us.

- What are those three parables?
- How do they speak to you personally?
- Of what does the Holy Spirit want to assure you as you accept His invitation to rebuild?

*Going Deeper*

1. Describe a supervisor, boss, or someone in authority you've known who, like Nehemiah, was able to identify with workers and lead by becoming one with them instead of "lording it over" his or her "underlings."
2. Has your exposure to Christianity been a positive or a negative factor in your self-esteem? What pitfalls in both directions should believers avoid?
3. Read Genesis 1:27. What bearing should this truth have on how we feel about ourselves?
4. How do parents often exert (a) positive and (b) negative influence on their children's self-concepts? Did you bring a positive or a negative self-concept from your own childhood?
5. Do you somehow sense that Jesus identifies with your weaknesses more readily than God the Father? Why or why not?
6. Identify any "Sanballats" in your circumstance, or whom you have observed, who are inclined to tear down or belittle individuals or groups of believers.

*Part Three* – REBUILDING TO LAST

CHAPTER 11

## PEOPLE WHO NEED PEOPLE

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Lists of hard-to-pronounce names constitute whole chapters of the Bible, including the beginning of Nehemiah 3.

- Since it is so boring, is this material that we can skip when reading the Bible?
- What are three reasons that God puts name lists in His Word?
- What is the specific importance of the list of names that open Nehemiah 3?

The sweeping project of reconstruction required tremendous organization of teams of people and cooperation among many.

- How was rebuilding of the wall and the gates assigned? How many leaders and villages were involved?
- What did that require people to do? Why is that fearful for most people? How is it proportionate to our progress?
- What group of people in our lives does the wall-building team of Jerusalem parallel? Why do we need one another?

Just as Jerusalem's walls needed to be rebuilt on all sides, so our soul needs a variety of people to be made well-rounded and whole.

- Think of one person you'd rather not spend time with and write down with honesty why.
- What biblical principle in the Word of God teaches us that our lives are irrevocably integrated in the affairs of others?
- What do you have to lose by withdrawing from relationships?

Issues related to the debris of our past have a way of hindering us from being transparent and vulnerable with others.

- Write down three things from your own life that may have been or still are stifling your growth in relationships.
- How does the Holy Spirit move us beyond that?

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- Are you willing to open to commitment in fellowship? If not, why? If so, write down that affirmation.

We are called to have a gracious attitude toward other people in Christ's Body, to be mutually submitted to one another.

- What is the meaning of biblical submission? What is submission *not*?
- What are two direct commands from Scripture regarding submission?
- To whom are we called to be in submission? Why?

As Nehemiah led the ancient Jews in a rebuilding partnership, the Holy Spirit wants to lead us in relationships to one another.

- What constitutes a healthy church congregation?
- What is the net result of wholeness in the Body of Christ?
- Do you belong to a church family? If not, will you make a commitment to seek out and become partnered with a local body?

### *Going Deeper*

1. Have you had an experience, within the Church or without, that made it hard for you to reach out to others? What have you learned so far that will help you to move beyond that?
2. What "Lone Ranger" attitudes can hinder genuine, intimate fellowship among God's people?

CHAPTER 12  
**THE ADVERSARY**

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Like Sanballat's vicious assault on Nehemiah, Satan knows his authority over you was broken when Jesus became Lord of your life, but that doesn't stop him from trying to hinder God's program for your life.

- Describe the five accusations made by Sanballat to discourage the Jews from their rebuilding project. Then write down the truth the Word of God gives us that prove those things to be lies.
- Write down five areas in which Satan continues to fire "potshots from hell" at you.
- Why does his fury seem to be increasing?

*Going Deeper*

1. When you hear of "natural disasters" or tragedies in the lives of people, do you tend to think first that God or Satan is behind them? What are the grounds for your belief?
2. What signs of increased evil do you see in our world today?
3. Read the story of Lucifer in Ezekiel 28. Write down in your own words what caused him to fall, and what specific traits make the Adversary so cunning at seducing and deceiving people. Has he employed any of those in your life?
4. Are you aware of any self-defeating "voices" or attitudes that especially arise when you are thinking of launching out on new projects that call for your best?
5. Have you had successes in silencing such voices of doom and gloom? Write them down and rehearse them with praise.
6. How have you benefited in specific ways by regular, faithful worship?

CHAPTER 13  
**STRATEGIES ON THE WALL**

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Sanballat's threats against the people and their wall-building escalated in proportion to the project's progress.

- What was the threefold plan that Sanballat and his allies employed?
- What is the failure of that plan a testimony to?
- What was Nehemiah's strategy of defense?

In the midst of our rebuilding process, we can learn from Nehemiah not to constantly review our remaining weaknesses, but instead review the victories won, and praise God for what He has rebuilt.

- What does Jesus say to us about living in our "rebuilt self"? (Luke 21:19)
- In what way does the Bible tell us to hold our ground? (Galatians 5:1)
- What are the unfinished places in your life where you need the Holy Spirit's defense?

We learn from Nehemiah's strategies at the wall that the Holy Spirit defends us in the weak places, and we resist the devil in high places.

- Who supplies protection where we remain weak?
- With what have we been equipped to fight?
- What does the sound of the trumpet indicate to the people of Nehemiah's day? What does it call us to?

*Going Deeper*

1. What three timeless principles enable us to secure the "city" of our own soul?
2. Memorize the whole armor of God described in Ephesians 6:10-20 and don it with intent and deliberateness—today and every day. See *Appendix 2*.
3. Do you have a daily private time with God through prayer and the Word? If not, are you willing to adopt this discipline?

*Part Four* – STRONG AND SECURE

CHAPTER 14

## BUILT UP TO GROW UP

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The story of Nehemiah teaches us that the success of our restoration calls for us to both welcome God's divine grace and respond to His call that we grow up. It is a balance between dependence and responsibility.

- After all their success, how did the people come close to defeating the project themselves from within?
- How did Nehemiah respond? How does the Holy Spirit respond when He is grieved and sinned against?
- What is the key that the people of Nehemiah's day were missing? What does Jesus make clear to His disciples about God's standards for us?

When Nehemiah discovered the people had retreated from their covenant with God, he refused to allow them to violate that commitment. His anger was intended to shake them back to the place where their best interests would be served through fidelity toward the Lord.

- How were Nehemiah's actions like those of the Holy Spirit?
- Why does God require more of us as we grow in Him? Identify at least one area in which you've experienced Him working in you that way.
- Write in your notebook three Scripture verses in which Jesus calls for responsible follow-through from His people.

### *Going Deeper*

1. What special responsibilities do you find you have as a believer in Jesus Christ in your workplace or community?
2. What special resources have you been given to meet these demands?
3. Are you aware of any circumstances where you need to stand more boldly against falsehood or ungodly practices?



CHAPTER 15  
**GLORY IN THE GATES**

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It was equally important for the ten gates of Jerusalem to be rebuilt as it was for the wall. Similarly our rebuilt personalities can never be complete unless the broken-down “gates” are also replaced.

- What was the significance of gates in the ancient world?
- Find and write down at least three references to gates found in the Bible.
- How does the idea of gates relate to your personal rebuilding process?

Each of the ten gates of Jerusalem was named because it had become significant to a particular type of business.

- Name the ten gates.
- How are the gates analogous to keys?
- What does Jesus mean when He says He will give us “the keys to the Kingdom”?

As Nehemiah and the people neared the end of the rebuilding project, you might assume things were easier now. Yet the same adversary who had opposed them every step of the way returned.

- How did Nehemiah respond to Sanballat’s seemingly reasonable request?
- How do we learn from this interchange to recognize and respond to the ploys of Satan? Should we ever negotiate with him?
- What is the gate in your life that is ready to be raised? How do you go about that?

Once the city was refortified, the walls rebuilt, and the gates replaced, the project was completed, and it was beautiful to behold. But it would take obedience on the part of the people to reap all the benefits.

- What “more” is there to being a fully functional child of the living God once we have accepted salvation through His Son?
- What do we need to do every day to maintain the “government” of our lives?
- How do you intend to go forward, now that you’ve been rebuilt by the Spirit of God and restored to the “real you”?

*Going Deeper*

The following five things are essential in order to move on with God. Think about each of these statements, and write down how they specifically relate to your life.

A believer needs to:

1. Know where you stand with God in Christ.
2. Know you have been given dominion over the devil in Jesus' name.
3. Know how confession of sin allows an ongoing, purifying work of the Spirit.
4. Know that you need to be in and daily feed upon the Word.
5. Know that you are to be filled and live in the fullness of the Spirit.

CHAPTER 16

## FACING TOMORROW WITH JOY

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Just as our physical bodies cannot live without breathing, so our spiritual lives are sustained by the breath of God's Spirit, infused with His Word.

- What does God say about the nature of the life force inherent in His Word? (Mark 13:31)
- In direct proportion to what will our lives become fulfilling and successful?
- Write down three Scripture references to the Word of God and then, in your own words, write what they mean.

The Word of God is more than information or facts. It is life-giving, healing, protecting, and invincible.

- Find three Scripture references that underscore these characteristics of God's Word.
- What is more important than memorizing or studying God's Word?
- What are we to learn from the experience of the people of Nehemiah's day with regard to God's Word?

Nehemiah enlisted Ezra, the priest, to read the Law to the people prior to the dedication of the completed walls. The people listened with reverence, but then became mournful.

- Why did the people's joy suddenly get turned to mourning when they heard the Law?
- What did Nehemiah and Ezra insist the people do? Why?
- Write down what the people were told was the source of their strength and how that applies in your life.

The prophet Isaiah says: "Comfort, yes, comfort My people!...Speak comfort to Jerusalem, and cry out to her, that her warfare is ended" (40:1-2).

- What has "ended our warfare"?
- What attitude does God want His people to have in His presence?
- How can we live out Ezra and Nehemiah's instructions in our worship?

*Going Deeper*

1. Take time to summarize the basic features of your study through Nehemiah.
2. Review the “pictorial characters”: Nehemiah is like? Sanballat is like? The temple, walls, city, region are like?
3. What is it about this chapter that most captures your heart and brings joyous expectancy?

CHAPTER 17

## THE PRACTICE OF WORSHIP

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The dedication of the rebuilt wall was a turning point in the lives of the people, and their worship pointed to the might of God who had helped them so greatly.

- What does praise of God's rebuilding process in our lives declare?
- Does our new covenant with God mean that everything from here on will be perfect?
- How does the Holy Spirit monitor our walk with God?

After the rebuilding project was completed, Nehemiah was forced to deal with irresponsibility and disobedience among the people.

- What practices had crept back into their lives? How did Nehemiah address those things?
- Are there habits or practices that you've been tempted to allow back into your "rebuilt" life? Even if they've only been temptations, write them down and address them.
- How does the Holy Spirit come to deal with us when that happens?

Both worship and the Sabbath were compromised by the people of Nehemiah's day. These were not acts of ignorance but violations of covenant.

- What Scripture verses in the New Testament speak to God's restored people about breaking His foundational principles?
- What is the best action you can take when you feel overwhelmed by the circumstances of life?
- What does God's Word promise that you expect from the Holy Spirit?

### *Going Deeper*

1. Write down in detail what steps you plan to take to maintain an accountable application of what you have gained through this study.

APPENDIX A

## A PRAYER FOR INVITING THE LORD TO FILL YOU WITH THE HOLY SPIRIT

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Dear Lord Jesus,

I thank You and praise You for Your great love and faithfulness to me.

My heart is filled with joy whenever I think of the great gift of salvation You have so freely given to me.

And I humbly glorify You, Lord Jesus, for You have forgiven me all my sins and brought me to the Father.

Now I come in obedience to Your call.

I want to receive the fullness of the Holy Spirit.

I do not come because I am worthy myself, but because You have invited me to come.

Because You have washed me from my sins, I thank You that You have made the vessel of my life a worthy one to be filled with the Holy Spirit of God.

I want to be overflowed with Your life, Your love, and Your power, Lord Jesus.

I want to show forth Your grace, Your words, Your goodness, and Your gifts to everyone I can.

And so with simple, childlike faith, I ask You, Lord, to fill me with the Holy Spirit. I open all of myself to You to receive all of Yourself in me.

I love You, Lord, and I lift my voice in praise to You.

I welcome Your might and Your miracles to be manifested in me for Your glory and unto Your praise.

## REBUILDING THE REAL YOU *Study Guide*

I'm not asking you to say "amen" at the end of this prayer, because after inviting Jesus to fill you, it is good to begin to praise Him in faith. Praise and worship Jesus, simply allowing the Holy Spirit to help you do so. He will manifest Himself in a Christ-glorifying way, and you can ask Him to enrich this moment by causing you to know the presence and power of the Lord Jesus. Don't hesitate to expect the same things in your experience as occurred to people in the Bible. The spirit of praise is an appropriate way to express that expectation; and to make Jesus your focus, worship as you praise. Glorify Him and leave the rest to the Holy Spirit.

*From The Beauty of Spiritual Language: Unveiling the Mystery of Speaking in Tongues* © 1996 by Jack W Hayford, Thomas Nelson Publishers, Nashville. Used by permission.

APPENDIX B

*Going Deeper:*  
**THE WHOLE ARMOR OF GOD**

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Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.<sup>1</sup> — *Eph. 6:10-20*

The call of God’s Word is clear: *You* put on the armor, and with its protection—to the use of God’s Word as your sword, and the Holy Spirit’s enablement in prayer—and you *can* defeat demonic assault.

1. **Be girded with truth.** You cannot battle victoriously if you barter with the enemy on his terms. Satan is a liar and the father of *all lying*. If you become less than truthful, you not only compromise character, you create problems by allowing the enemy into your camp. Don’t let him inside the walls! He’s a crafty saboteur, ever bent on destruction even though his deception suggests temporary gain.

It’s a lesson we must all establish for our walk and our warfare: you can’t win against the Liar of liars by lying. Even “white lies” are a lie by definition. All lying is of the darkness, and we are called to gird against it.

2. **Put righteousness on as a breastplate.** The ancient warrior wore a heavy breastplate that protected his chest, blunting both sword and spear-point thrust at him. A similar rain of fire pours forth in the spiritual battle today, seeking to strike through to the heart with volleys of impurity and distraction, enticing us with evil.

These bursts of unrighteousness are not impersonal objects but demon attacks—the “fiery darts of the wicked one.” Some are diverted by God’s intervention, some by the shield of faith, but



however quick your footwork, some fiery darts shoot by. And it is then that the breastplate of righteousness is put to the test. The question is: What do you do when evil presses against your heart, when every other defense has failed? The breastplate of “right action”—*simply doing right when you know you should*—is crucial to your victory then.

God not only offers help for overcoming the enemy, He requires us to join the resistance (see Prov. 4:23). He gives the power—you make the choice. So do it. Let right action protect your heart. Stand against wrong when you know you should.

- 3. Wear the shoes of peace.** Our standing with God through Christ is peace (Rom. 5:1). In Him we have a warrior’s stance of surefootedness, steadfastness, and unshakable certainty. Our position of “peace with God” is far more than a feeling; it is a resource for our fighting to keep the peace. That “footing” is the equipment we are given to advance against and tread down the works of hell. Our position in Christ is not theoretical; it is dynamic. From that stance, we’re to move with confidence and against demonic works and satanic strongholds (see Luke 10:19).

The one truly risen and ascended Master in the universe, Jesus, the only begotten Son of God, has taken His rightful place “far above all principality and power and might and dominion, and every name that is named...and He put all things under His feet” (Eph. 1:21-22). Now He directs us to wear the shoes gained through His victory and to march forward without fear.

- 4. Take the shield of faith and the helmet of salvation.** God’s promises bring shield-like faith to repel the Adversary’s threats: “Faith comes by hearing, and hearing by the Word of God” (Rom. 10:17). Your daily intake of God’s Word, allowing the Holy Spirit to arm you through it, is critical to your powers of resistance against the conspiracies of darkness. The shield is as strong in your hand as the Word is in your habit. Take it and faith grows strong—and so do your defenses!

So put on the helmet of salvation.

“We will come in,” Sanballat’s emissaries threatened.

How like those ancient threats are the demonically inspired thoughts, ideas, and mental images that often parade themselves before our minds. Unwelcome, unbidden, and sometimes seemingly uncontrolled, they seek to induce the fear, lust, pride, and doubt that can lead to despair and defeat. The helmet of salvation is the armor given us against this attack.

Learning how to put on your helmet means learning to take the power of the blood of the Cross that purchased your salvation and apply its provision to protect you from the power of demonic “imagination” bombarding your mind. Don’t dabble with the devil. Demand his retreat: “Resist the devil and he will flee from you” (James 4:7. See also 1 Peter 5:9).

- 5. Take the sword of the Spirit...with all prayer.** God’s Word is not only a resource for faith that defends against the devil, it is a weapon for attack—and *prayer is the means by which this sword is wielded* (see Eph. 6:17-18).

Two things will help you if you will take the sword of the Spirit and retaliate, determined not only to stand firm in defense, but also ready to launch an offensive!

**First, your prayer does not have to be lengthy.** This is no argument against extended devotional or intercessory prayer. But in the midst of the spiritual struggle, the Holy Spirit will at times give clear insights for prayer. When He does, stop there—and use it. Go to prayer at once as a commanding officer firing a retaliatory ballistic missile against an encroaching adversary. Thrust into Satan’s domain with the Spirit’s sword.

**Second, understand how that sword is applied to prayer.** Thrusts with the sword of God’s Word are accomplished as the Holy Spirit brings promises or principles from the Word to mind—ones which apply to your present struggle. There may be several modes of expression, but primary among them is the declaration of God’s eternal Word against the devil. Jesus retaliated against Satan time and again, saying, “It is written...it is written,” and the same method forces the retreat of hell’s powers today.

The combination of God’s promises joined to Holy Spirit-prompted prayer is an invincible resource. The spiritual struggle is real; demons are not imaginary. Satan is at work, but that is not the whole story. The final truth is this: You can stand! You can win! And you can launch a triumphant counterattack!

But first, put on the whole armor of God.

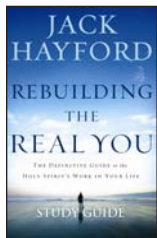
<sup>1</sup>*The Holy Bible, New King James Version*, (Nashville, Tennessee: Thomas Nelson, Inc.) 1982.

APPENDIX C

## RESOURCES RELATED TO THIS STUDY

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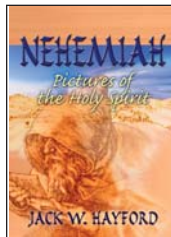
The following resources may be ordered from **JACK HAYFORD MINISTRIES** by clicking on the links below, or visit our online Bookstore at [www.jackhayford.org](http://www.jackhayford.org). You may also call toll-free **1-800-776-8180**. (Outside the U.S., please call **1-818-779-5593**.)



### REBUILDING THE REAL YOU

Just as Nehemiah came to rebuild the walls around Jerusalem and its temple, so the Holy Spirit is ready to rebuild the thoughts, emotions, and character of those who have received new life in Christ. Companion book to this Study Guide.

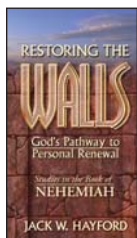
Softcover Book RRY02



### NEHEMIAH: PICTURES OF THE HOLY SPIRIT

This DVD album contains all twelve episodes of Jack Hayford's landmark teaching on the Book of Nehemiah, as seen on the *Spirit Formed TV* broadcast.

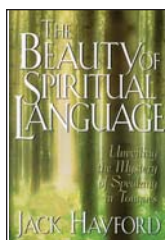
DVD Album NEHDVD



### RESTORING THE WALLS: GOD'S PATHWAY TO PERSONAL RENEWAL

This Nehemiah audio series takes listeners step-by-step through the process of partnership with the Holy Spirit to rebuild life's broken places. 22 messages. Free downloadable Study Guide.

CD Album SC046CD • Cassette Album SC046



### THE BEAUTY OF SPIRITUAL LANGUAGE

In writing of his own spiritual journey, Jack Hayford helps the reader know the experience God intends for all His children.

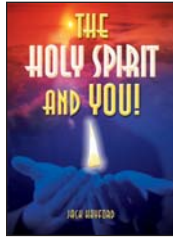
Softcover Book BSL02



### THE SPIRIT AND THE GLORY

In this DVD presentation, Pastor Hayford leads a group of seekers in prayer to receive their spiritual language. Free downloadable study guide.

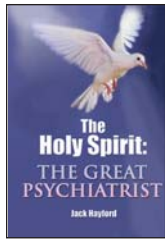
DVD TSAGDVD



### THE HOLY SPIRIT AND YOU!

Understand the Person, power, and work of the Holy Spirit, who is key to the replication of Jesus' ministry through us. Four messages.

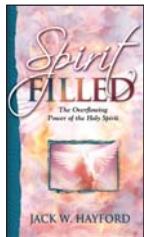
CD Album SC732CD • Cassette Album SC732



### THE HOLY SPIRIT: THE GREAT PSYCHIATRIST

By the Holy Spirit's counsel, wisdom, and power, deliverance from fear, torment, temptation, and bondage is possible. Two messages.

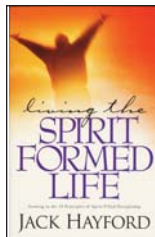
CD Album SC120CD • Cassette Album SC120



### SPIRIT FILLED

God's promise is to fill us with His love, His truth, His life, His purpose, and His goodness by His Holy Spirit.

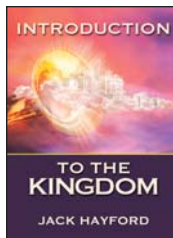
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### LIVING THE SPIRIT FORMED LIFE

Explore what it means to be a disciple as you rediscover the power and blessings of ten basic disciplines including prayer, Bible reading, worship, solitude, submission, fasting, the release of repentance, and forgiveness. DVD comes with free downloadable study guide.

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### INTRODUCTION TO THE KINGDOM

Learn what Jesus really means by "the Kingdom of God," and how it is the central theme to all His ministry. Four messages. Free downloadable outline.

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