

**Building on the Rubble**  
Rise and Rebuild – Part 3 of 6  
Pastor Alex Barrett  
February 22, 2026

**Opportunities to build for the Kingdom always brings opposition.**

Nehemiah 2:9–10

<sup>9</sup>Then I came to the governors of the province Beyond the River and gave them the king's letters. Now the king had sent with me officers of the army and horsemen. <sup>10</sup>But when Sanballat the Horonite and Tobiah the Ammonite servant heard this, it displeased them greatly that someone had come to seek the welfare of the people of Israel. ESV

Nehemiah 2:19–20

<sup>19</sup>But when Sanballat the Horonite and Tobiah the Ammonite servant and Geshem the Arab heard of it, they jeered at us and despised us and said, "What is this thing that you are doing? Are you rebelling against the king?" <sup>20</sup>Then I replied to them, "The God of heaven will make us prosper, and we his servants will arise and build, but you have no portion or right or claim in Jerusalem." ESV

**When God opens doors, God's people must charge forward...together!**

Nehemiah 2:16–18

<sup>16</sup>And the officials did not know where I had gone or what I was doing, and I had not yet told the Jews, the priests, the nobles, the officials, and the rest who were to do the work. <sup>17</sup>Then I said to them, "You see the trouble we are in, how Jerusalem lies in ruins with its gates burned. Come, let us build the wall of Jerusalem, that we may no longer suffer derision." <sup>18</sup>And I told them of the hand of my God that had been upon me for good, and also of the words that the king had spoken to me. And they said, "Let us rise up and build." So they strengthened their hands for the good work. ESV

**Next Steps:**

- Fast for the next 48 hours before the Worship and Prayer Night (*see next page*)
- Attend Worship and Prayer Night
- Complete pledge card and turn in next Sunday, March 1

## **Fasting Guide**

*Nehemiah 1:4b*

*...and I continued fasting and praying before the God of heaven.*

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

### **Getting Started**

1. **Prepare Your Heart:** Before you begin, take time to pray and seek God's guidance. Ask Him to reveal any areas of your life that need focus during this fast.
2. **Choose Your Fast:** Select the type of fast that is right for you. Consider your health and daily commitments as you make your choice.
3. **Pray:** Incorporate prayer into your fasting routine. Set aside specific times to pray and meditate on Scripture, inviting God into every moment.

### **Types of Fasts**

- **Water Only Fast:** Abstaining from all food, drinking only water or clear liquids.
- **Liquid Fast:** Abstaining from all solid food, but allowing liquids like water, fruit or vegetable juices, broth, smoothies, and herbal teas.
- **Partial Fast:** Could be from 6am-6pm. Could also involve removing certain foods or meals. For example, you might skip lunch or choose to avoid specific items like sweets or caffeine.
- **Soul Fast:** Abstaining from non-food distractions (social media, TV, etc.) to focus on spiritual growth.