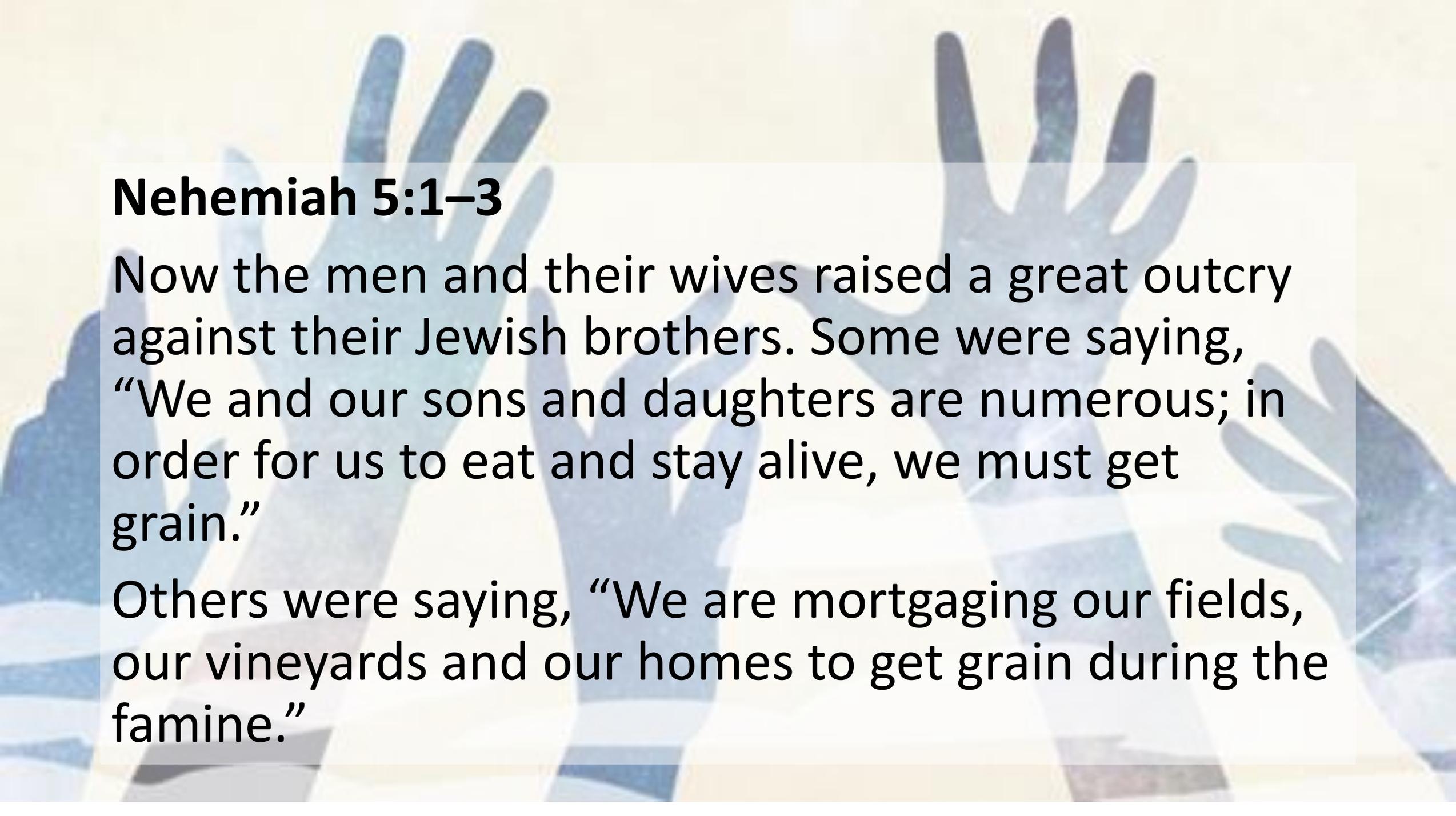


A man wearing a grey beanie, a white long-sleeved shirt, blue jeans with suspenders, and brown boots is perched on a thick, moss-covered tree branch. He is using a hand saw to cut through the branch. The background shows a vast, green valley with rolling hills under a cloudy sky at sunset or sunrise. A small bird is visible in the distance. The overall scene is peaceful and contemplative.

Freedom from Self-Sabotage

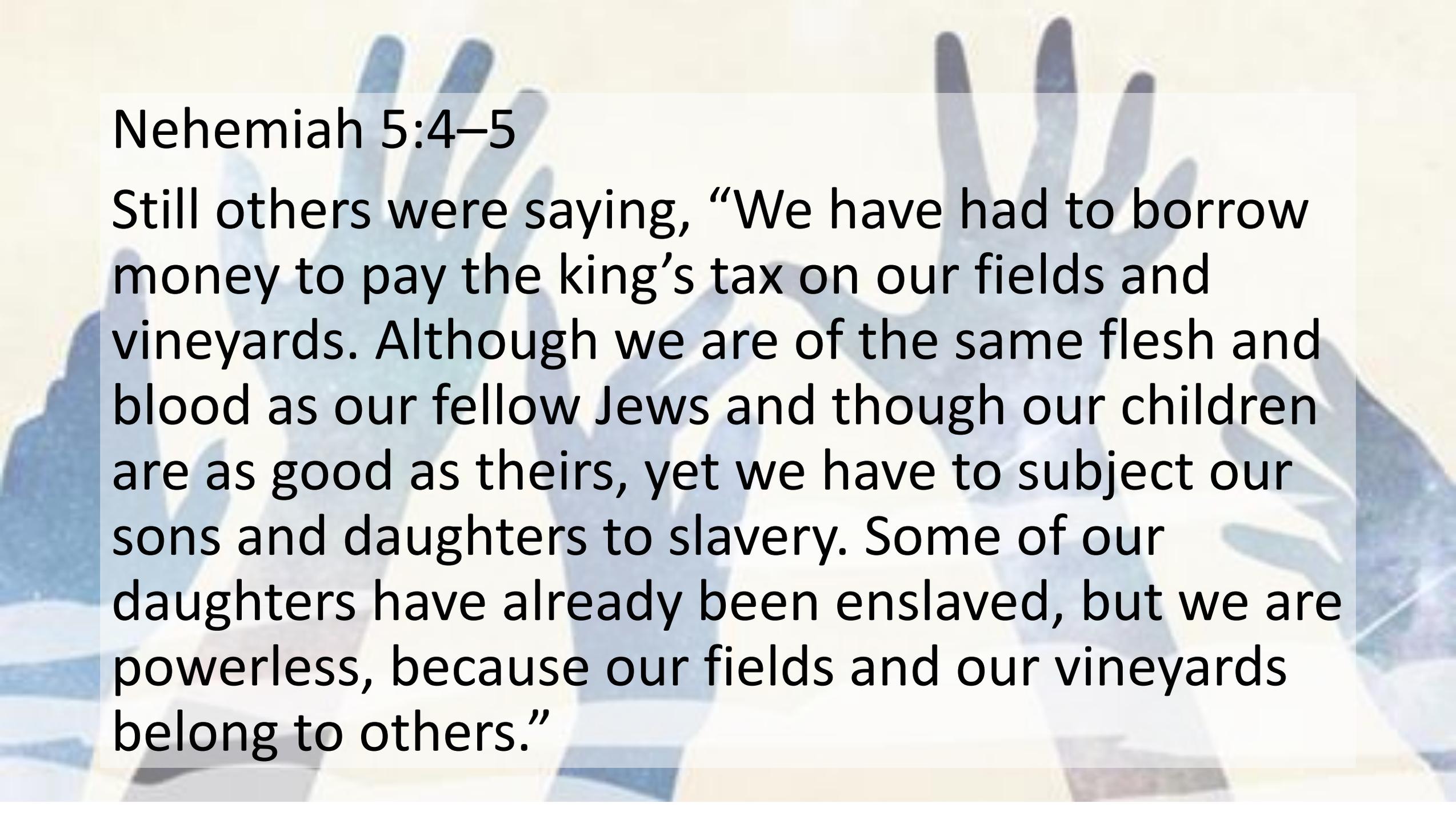
Nehemiah 5 . November 17, 2019

The background of the slide features several hands raised in a gesture of prayer or protest. The hands are rendered in a semi-transparent, light blue color, creating a layered effect. They are positioned at various heights and angles, filling the background behind the text. The overall tone is one of collective action or supplication.

Nehemiah 5:1–3

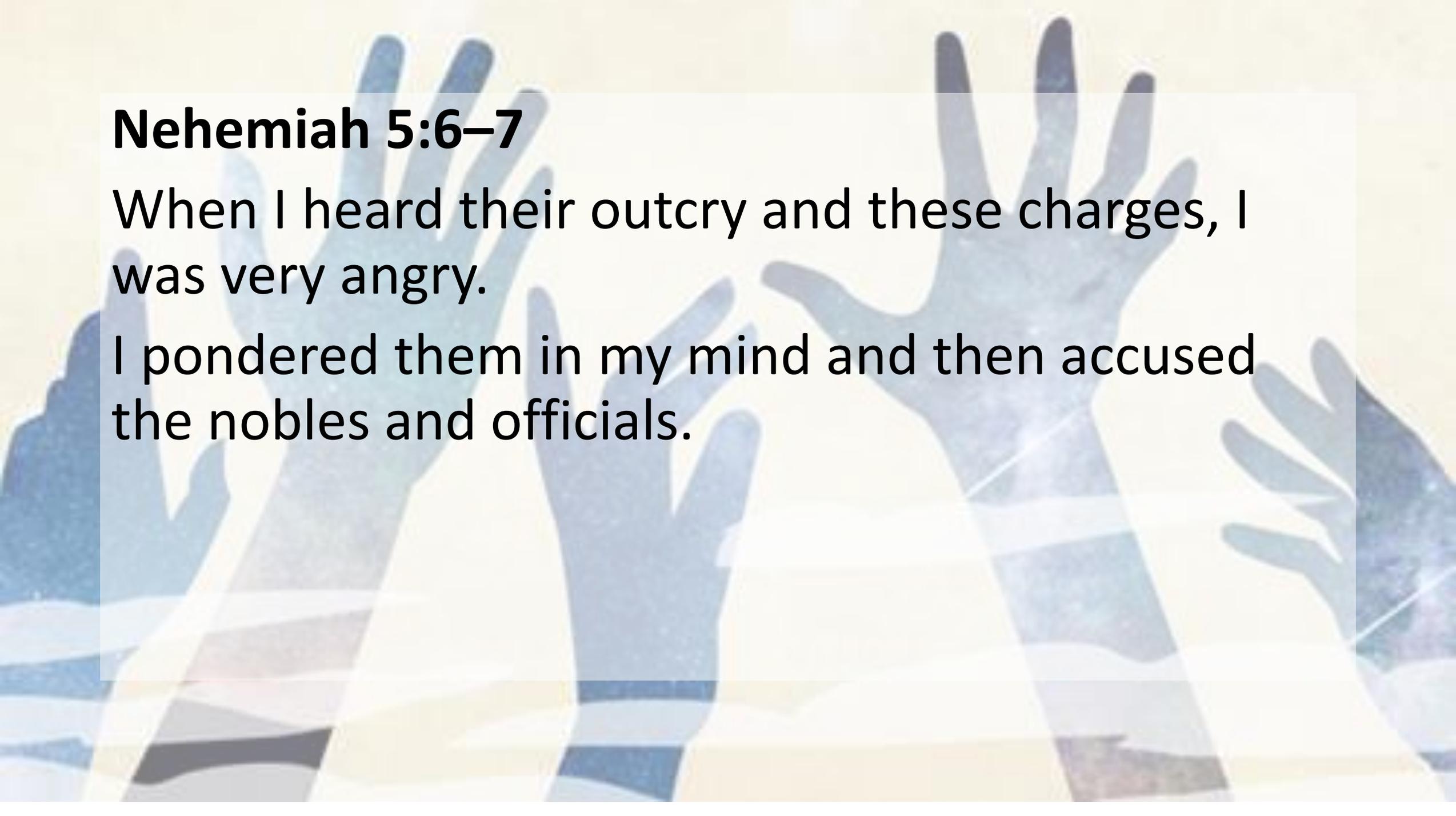
Now the men and their wives raised a great outcry against their Jewish brothers. Some were saying, “We and our sons and daughters are numerous; in order for us to eat and stay alive, we must get grain.”

Others were saying, “We are mortgaging our fields, our vineyards and our homes to get grain during the famine.”



Nehemiah 5:4–5

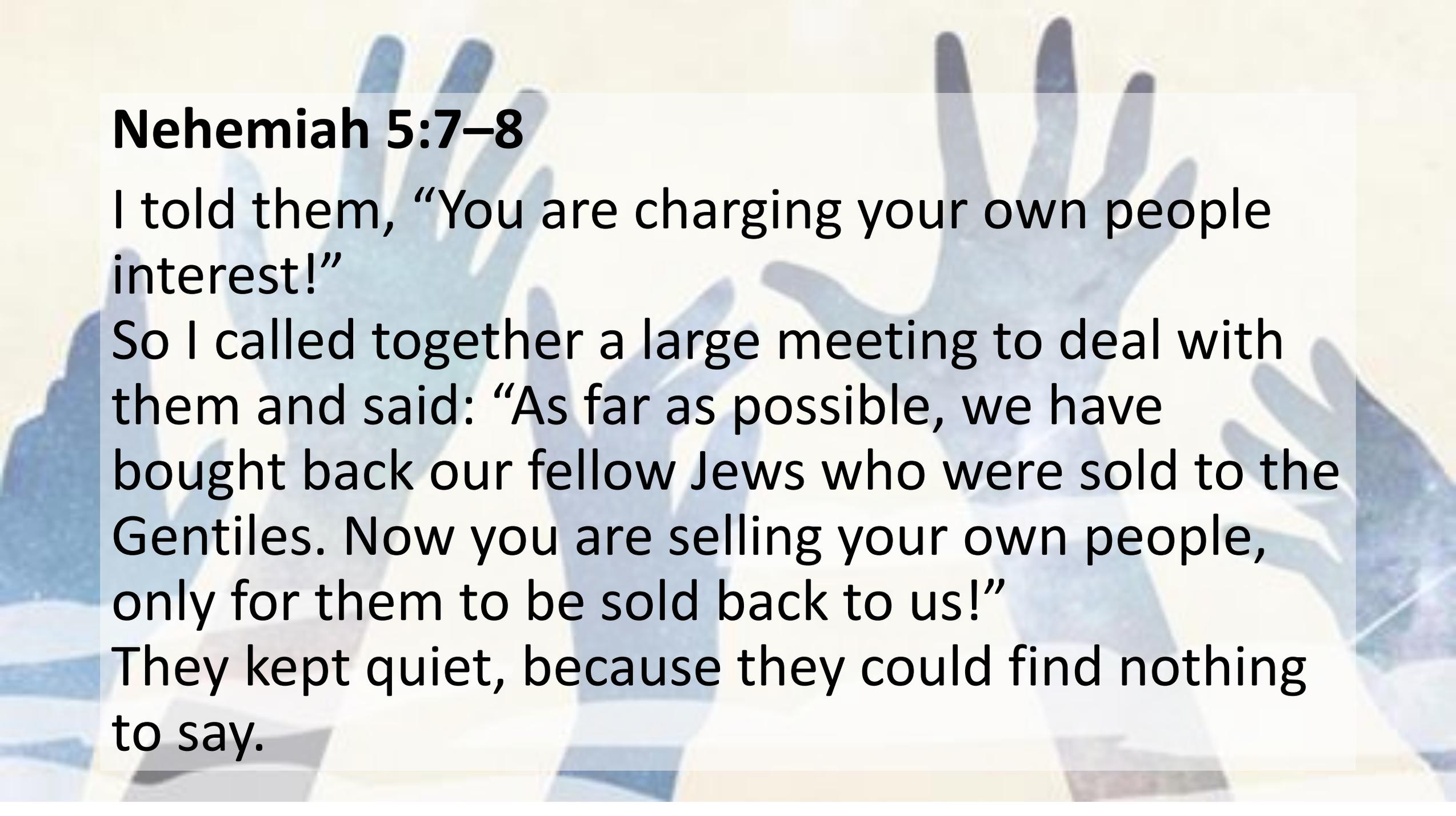
Still others were saying, “We have had to borrow money to pay the king’s tax on our fields and vineyards. Although we are of the same flesh and blood as our fellow Jews and though our children are as good as theirs, yet we have to subject our sons and daughters to slavery. Some of our daughters have already been enslaved, but we are powerless, because our fields and our vineyards belong to others.”



Nehemiah 5:6–7

When I heard their outcry and these charges, I was very angry.

I pondered them in my mind and then accused the nobles and officials.



Nehemiah 5:7–8

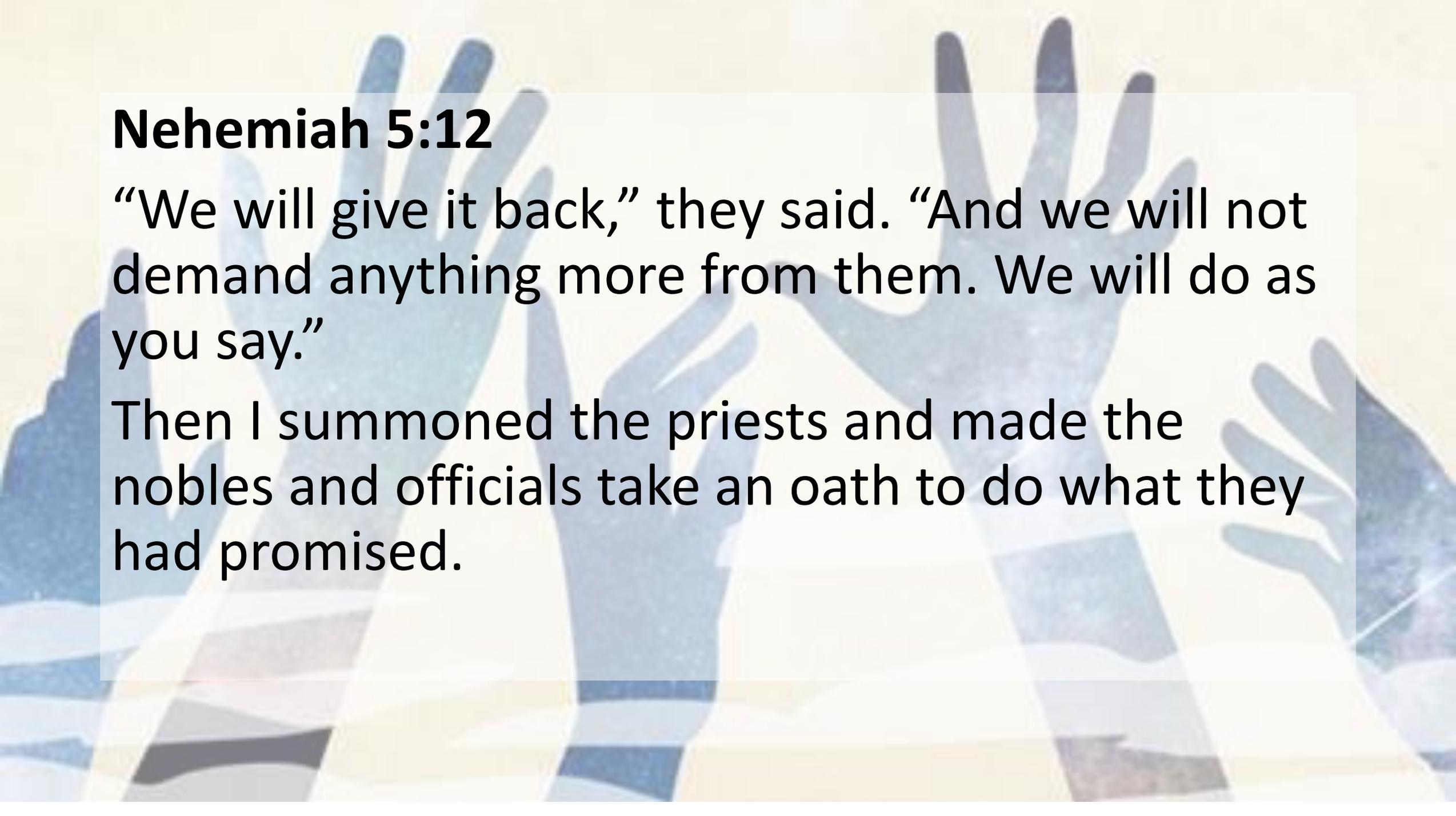
I told them, “You are charging your own people interest!”

So I called together a large meeting to deal with them and said: “As far as possible, we have bought back our fellow Jews who were sold to the Gentiles. Now you are selling your own people, only for them to be sold back to us!”

They kept quiet, because they could find nothing to say.

Nehemiah 5:9–11

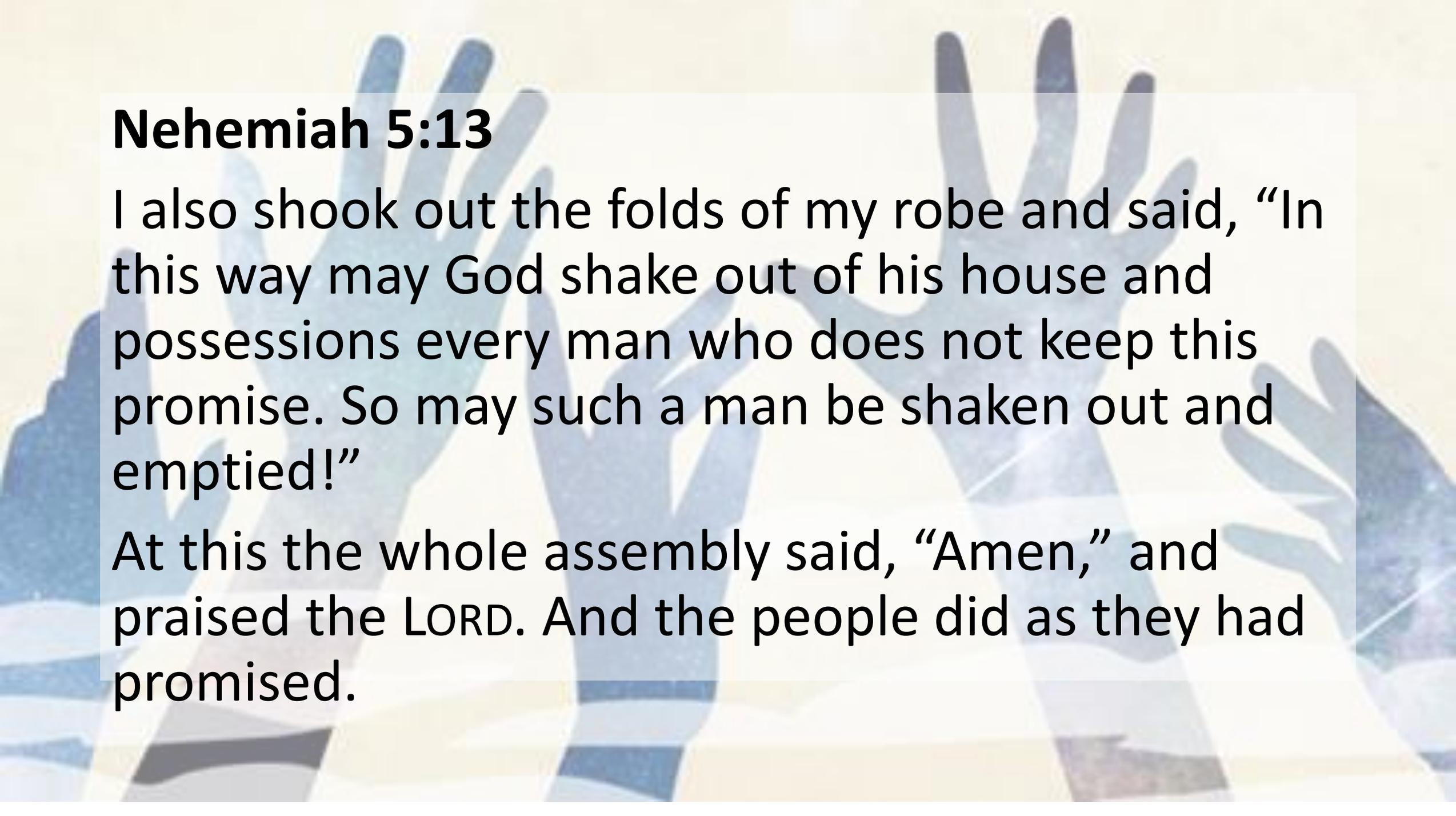
So I continued, “What you are doing is not right. Shouldn’t you walk in the fear of our God to avoid the reproach of our Gentile enemies? I and my brothers and my men are also lending the people money and grain. But let us stop charging interest! Give back to them immediately their fields, vineyards, olive groves and houses, and also the usury you are charging them—the hundredth part of the money, grain, new wine and olive oil.”



Nehemiah 5:12

“We will give it back,” they said. “And we will not demand anything more from them. We will do as you say.”

Then I summoned the priests and made the nobles and officials take an oath to do what they had promised.

The background of the slide features a soft-focus image of several hands raised in prayer, with fingers spread and palms facing up. The hands are in various shades of blue and purple, set against a light, warm-toned background. The overall effect is one of spiritual devotion and collective prayer.

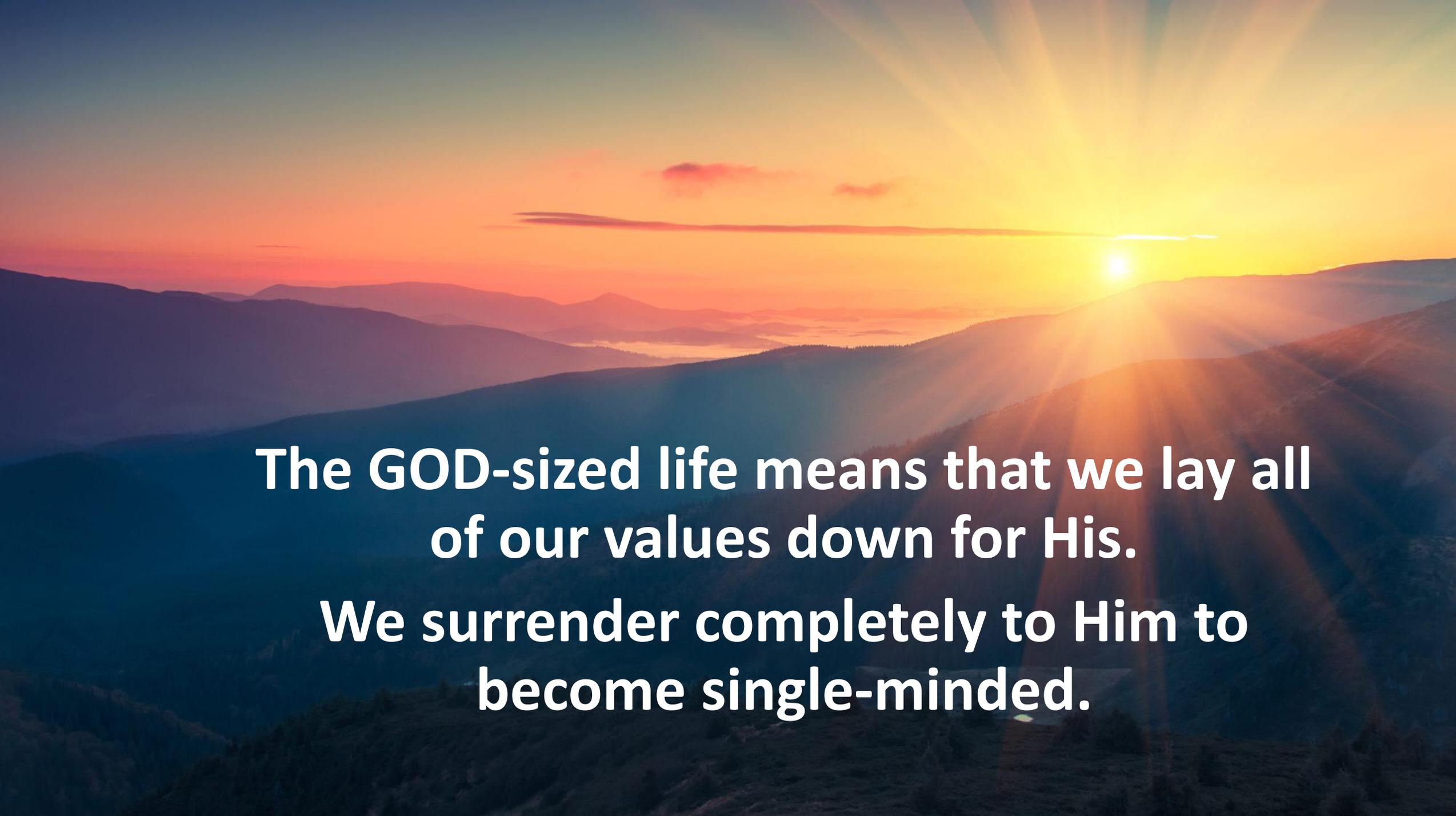
Nehemiah 5:13

I also shook out the folds of my robe and said, “In this way may God shake out of his house and possessions every man who does not keep this promise. So may such a man be shaken out and emptied!”

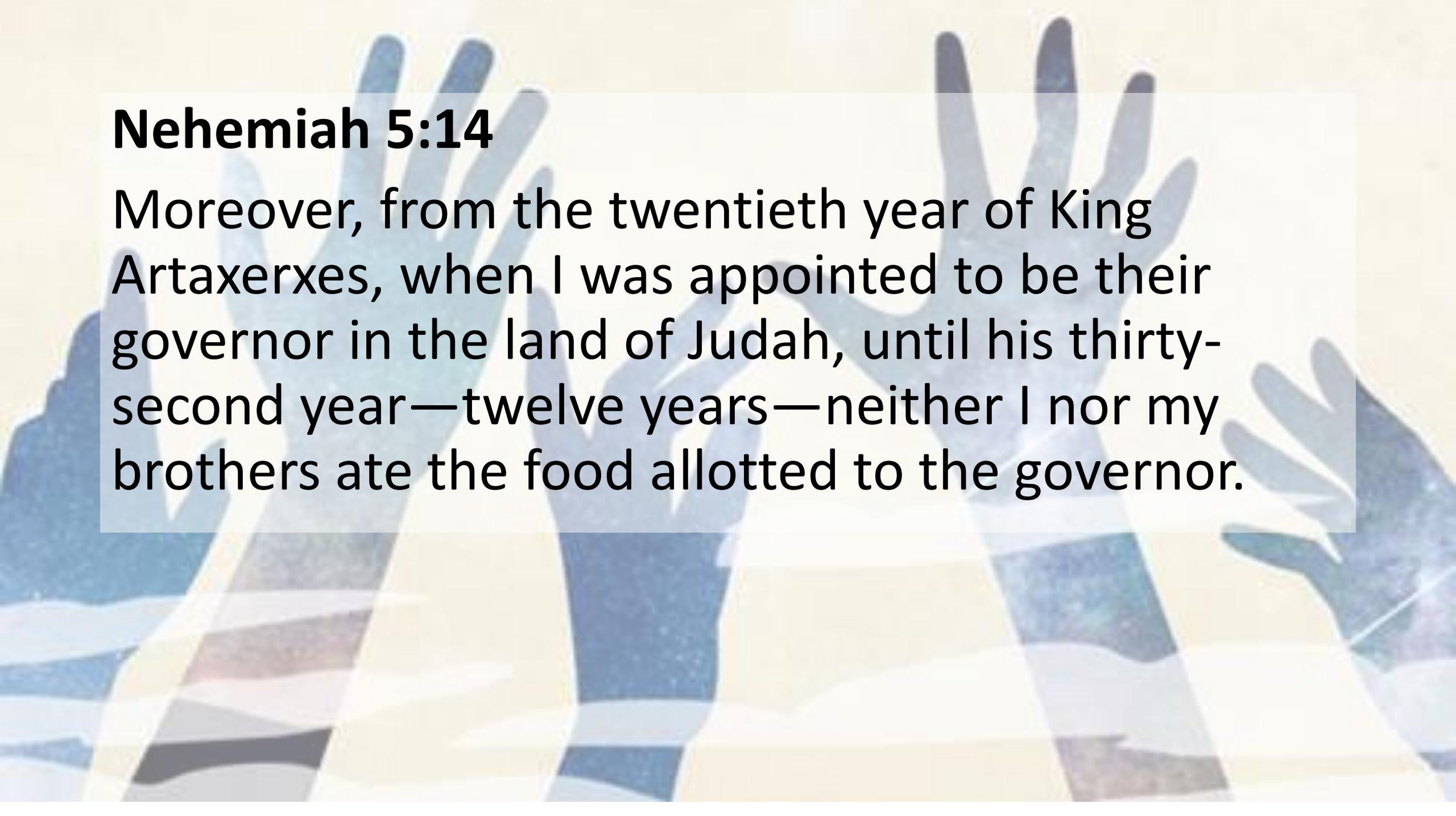
At this the whole assembly said, “Amen,” and praised the LORD. And the people did as they had promised.



Self-Sabotage
occurs when our
stated values come
in conflict with our
internal values.



**The GOD-sized life means that we lay all
of our values down for His.
We surrender completely to Him to
become single-minded.**



Nehemiah 5:14

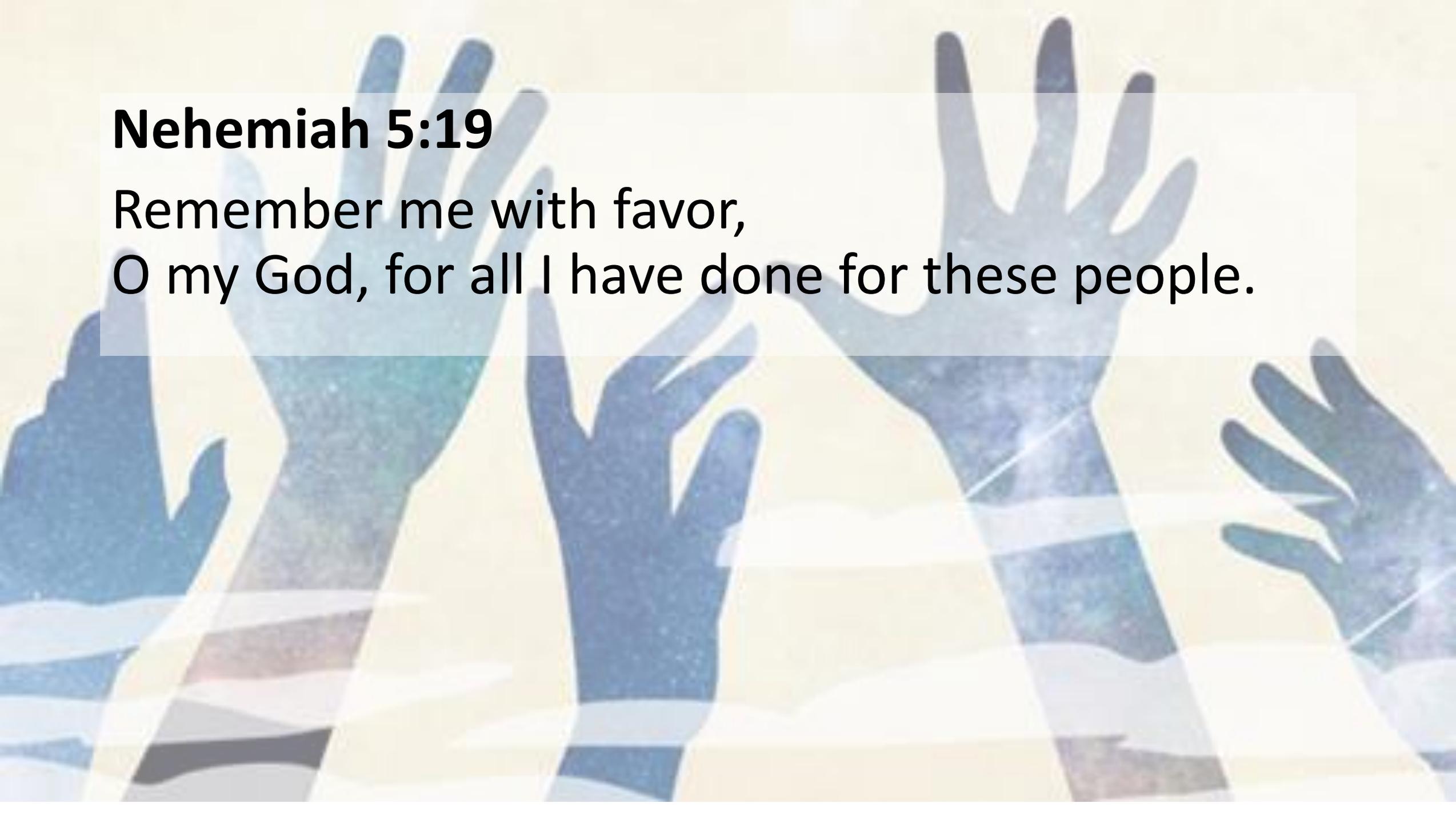
Moreover, from the twentieth year of King Artaxerxes, when I was appointed to be their governor in the land of Judah, until his thirty-second year—twelve years—neither I nor my brothers ate the food allotted to the governor.

Nehemiah 5:15–16

But the earlier governors—those preceding me—placed a heavy burden on the people and took forty shekels of silver from them in addition to food and wine. Their assistants also lorded it over the people. But out of reverence for God I did not act like that. Instead, I devoted myself to the work on this wall. All my men were assembled there for the work; we did not acquire any land.

Nehemiah 5:17–18

Furthermore, a hundred and fifty Jews and officials ate at my table, as well as those who came to us from the surrounding nations. Each day one ox, six choice sheep and some poultry were prepared for me, and every ten days an abundant supply of wine of all kinds. In spite of all this, I never demanded the food allotted to the governor, because the demands were heavy on these people.

An illustration featuring four hands of different skin tones (light blue, teal, dark blue, and purple) raised in prayer. The hands are set against a background of rolling hills in shades of yellow and white. A semi-transparent white box is overlaid on the upper portion of the image, containing text.

Nehemiah 5:19

Remember me with favor,
O my God, for all I have done for these people.



Are your values in conflict with one another?

Are you currently sabotaging yourself?

What would it look like for you to give all of your values over to God and join in a GOD-sized purpose?

