

The Grace of Mourning

Nehemiah 1:1-4

Outline:

I. Even the privileged face sadness

- **Nehemiah is a Jew**
- **Nehemiah works in the palace**
- **Nehemiah works for the king of the world**

II. Bad news often provokes sadness

- **Nehemiah's people are afflicted**
- **Nehemiah's home city is in ruins**

III. A model for reaction to sadness

- **Stage 1 – the initial reaction**
Nehemiah sat down and wept
- **Stage 2 – the subsequent reaction**
Nehemiah mourned for days
- **Stage 3 – the sequela reaction**
Nehemiah fasted and prayed