

WHAT TO DO WHEN YOU'RE DESPERATE FOR CHANGE

Nehemiah 9:38, 10:1-39

By Rod MacIlvaine

Introduction: We live in a time when people say they want to change, and perhaps they're genuinely motivated to change, but for most, genuine change is elusive, and we don't sustain changes for long. On the one hand, we want to stop bad habits; we want to work new ones into our lives. On the other hand, real change takes grit and determination, and very few follow through. However, there is a time when sustained change is much easier: It's when we've hit rock bottom. When we hit bottom in life, and we know there's no place else to go, determination kicks in, and dependence on God kicks in, and genuine change is possible. This was the experience of the exiles. After they returned from captivity, and life continued to be brutally hard, they knew they'd hit rock bottom. But they also realize they now have a golden opportunity for change. As we reach Nehemiah 10:1-39, the people of Israel model for us what it means to make genuine changes.

1. **Choice**

Neh. 9:38; 10:28-29

2. **Courage**

Nehemiah 10:1-27

3. Follow through
Nehemiah 10:28; 30-31

4. Idea

5. Takeaways