



**If we are going to change things in our lives, first we need to sometimes begin with rebuilding things that are broken.**

**Rebuilding something properly begins with the right foundation.**

**Nehemiah realized that the wall in Jerusalem needed to be rebuilt. But the important part of this rebuild was not in materials or in manpower, but in the foundation that needed to be laid.**

**Without the proper foundation in our lives, we can never rebuild things properly.**

**Nehemiah 1:1-13**

**The foundation for everything that we need to rebuild is prayer!**

**Laying a Foundation Means Getting Your Hands Dirty**

**Laying a Foundation Means Working Through Some Hard Ground**

**Sometimes the Tallest and Sturdiest Buildings Require the Deepest Foundations**