



LIFE ON THE RUN

A photograph of a man jogging on a trail through a field of tall grass. He is wearing an orange t-shirt, black shorts, a blue visor, and sunglasses. He has a small device attached to his belt. The background shows a cloudy sky and distant hills.

**Use this app to find our
“event” for the scripture &
even take notes.**

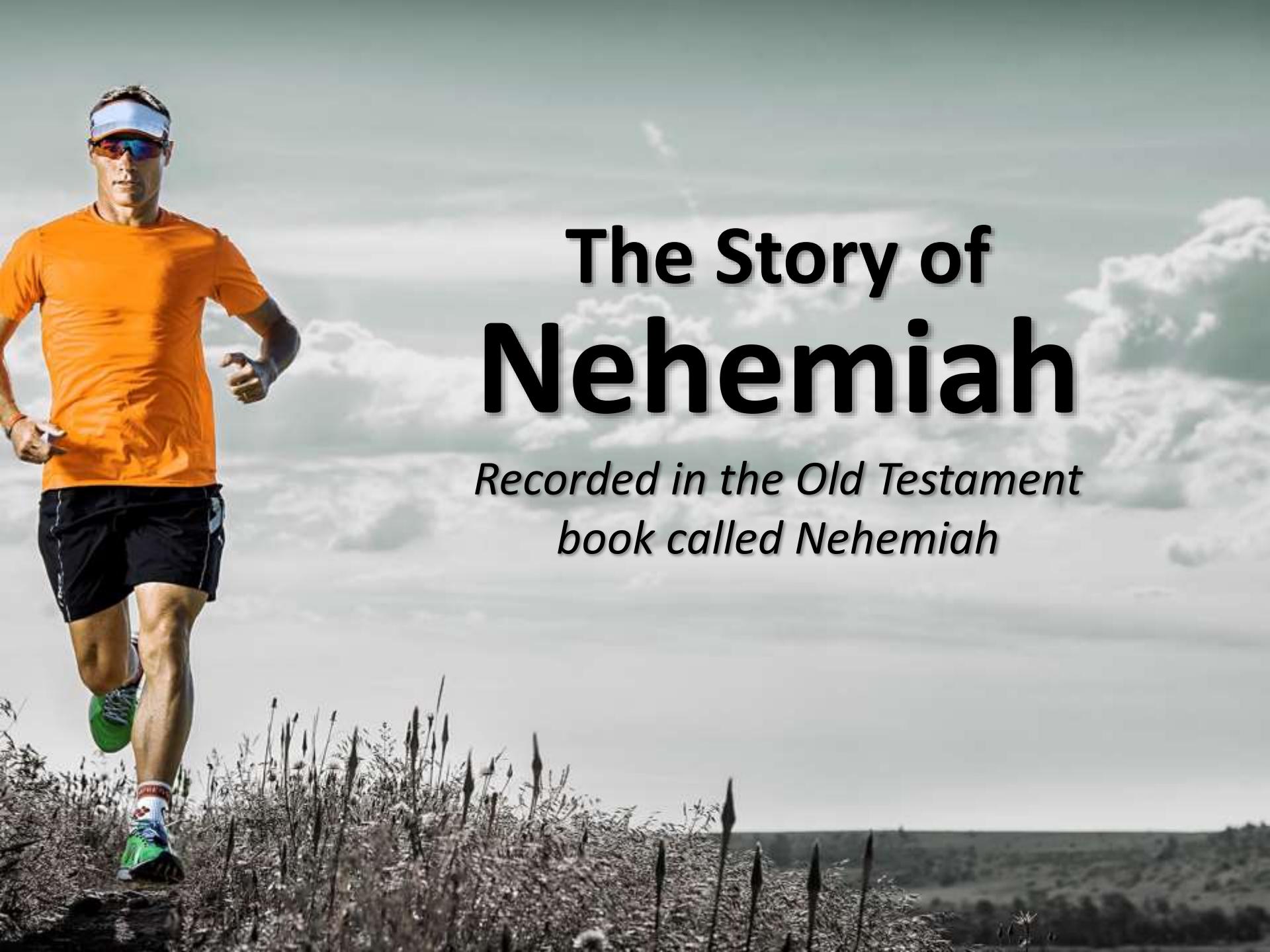


**Follow the church page & be
sure to “check in” on your
personal timeline!**



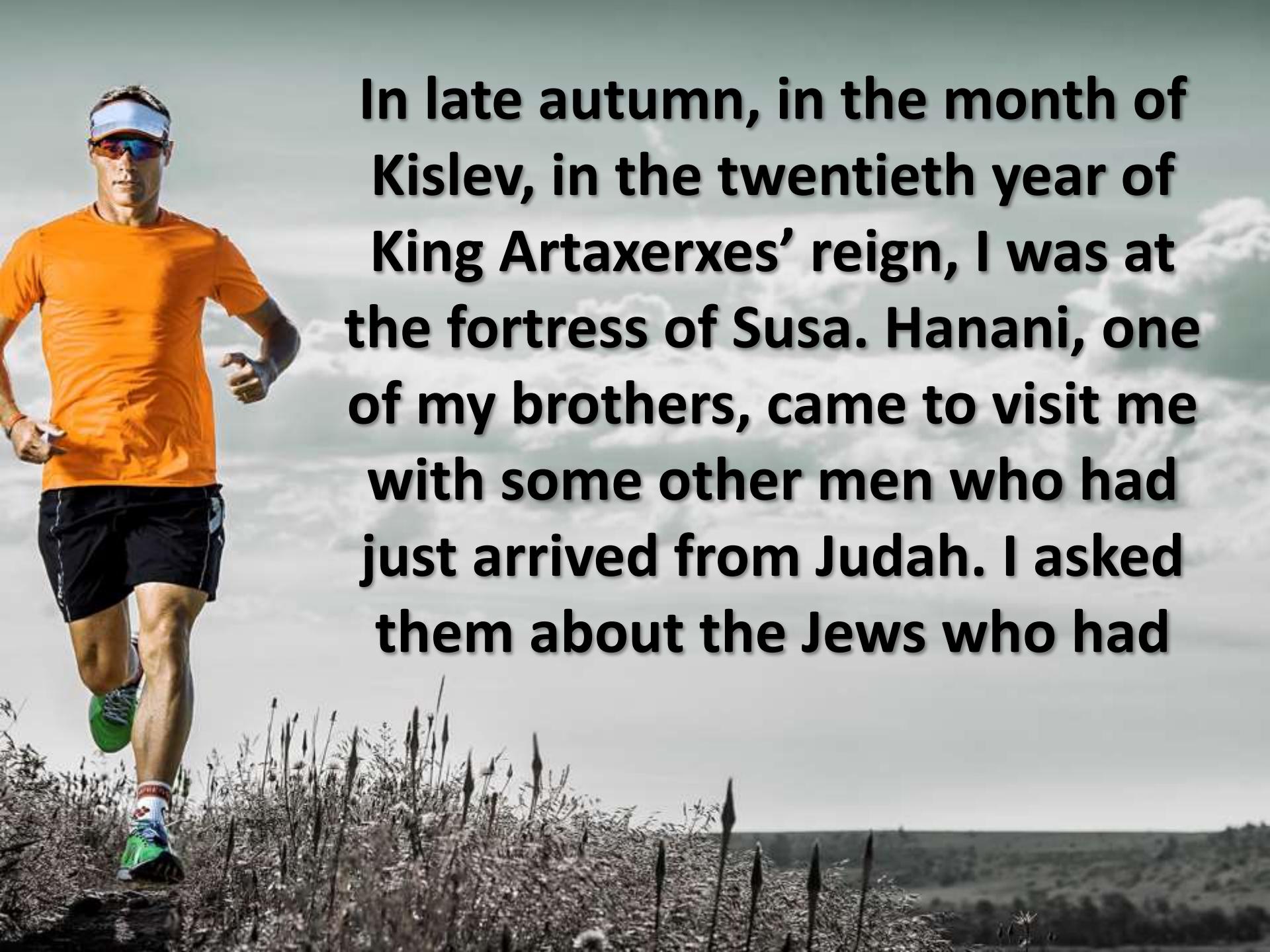
**#FCClifeontherun
@flushingccnaz**



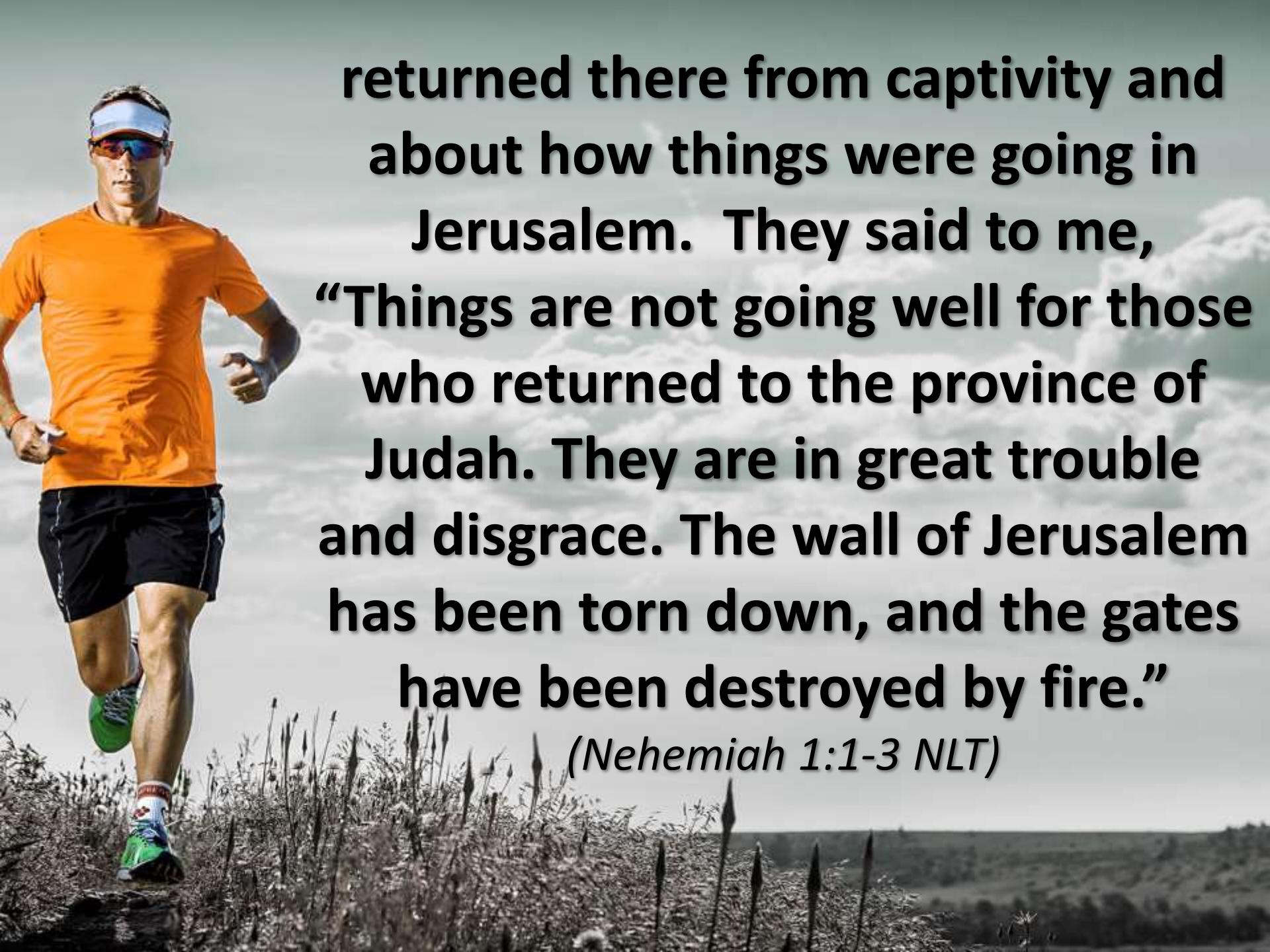
A man in an orange shirt and black shorts is jogging on a grassy hillside. The background shows a vast landscape under a cloudy sky.

The Story of Nehemiah

*Recorded in the Old Testament
book called Nehemiah*

A man in an orange shirt and black shorts is jogging on a trail through tall grass. He is wearing a blue visor and sunglasses. The background shows a cloudy sky and distant hills.

In late autumn, in the month of Kislev, in the twentieth year of King Artaxerxes' reign, I was at the fortress of Susa. Hanani, one of my brothers, came to visit me with some other men who had just arrived from Judah. I asked them about the Jews who had

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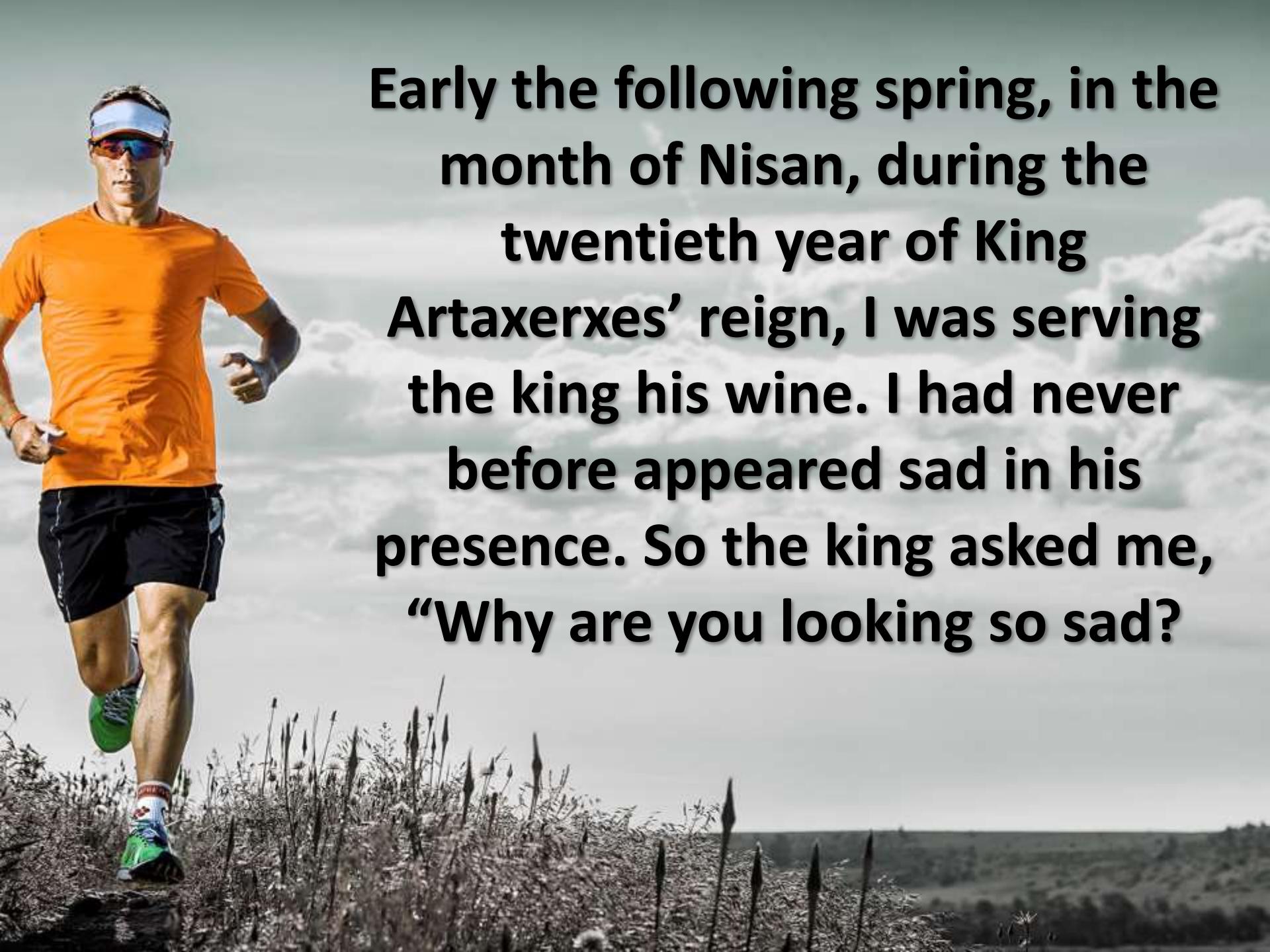
returned there from captivity and about how things were going in Jerusalem. They said to me, “Things are not going well for those who returned to the province of Judah. They are in great trouble and disgrace. The wall of Jerusalem has been torn down, and the gates have been destroyed by fire.”

(Nehemiah 1:1-3 NLT)

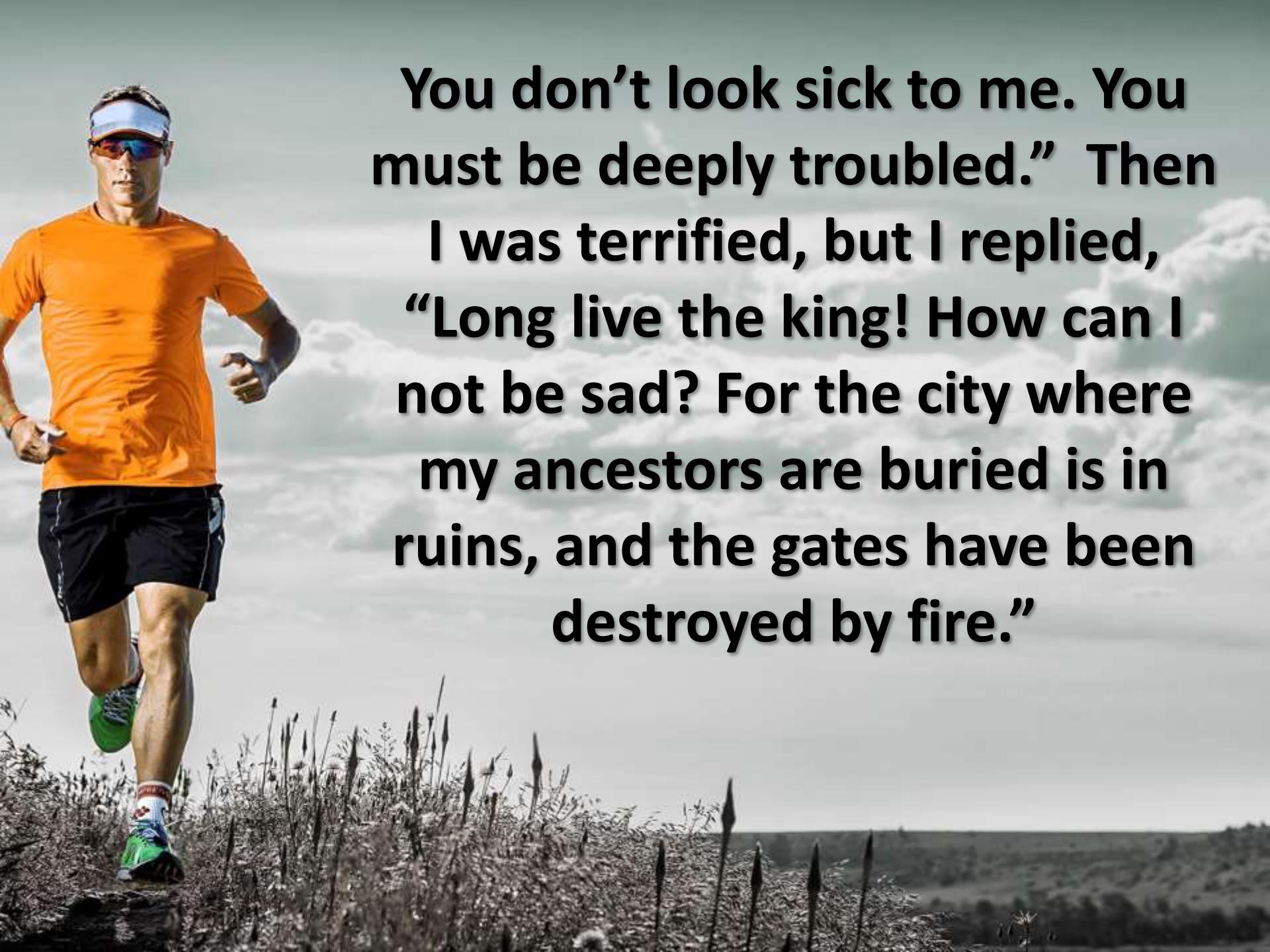
A photograph of a man in an orange shirt and black shorts running on a trail. He is wearing a blue visor and sunglasses. The background shows a cloudy sky and some tall grass in the foreground.

Nehemiah's Prayer

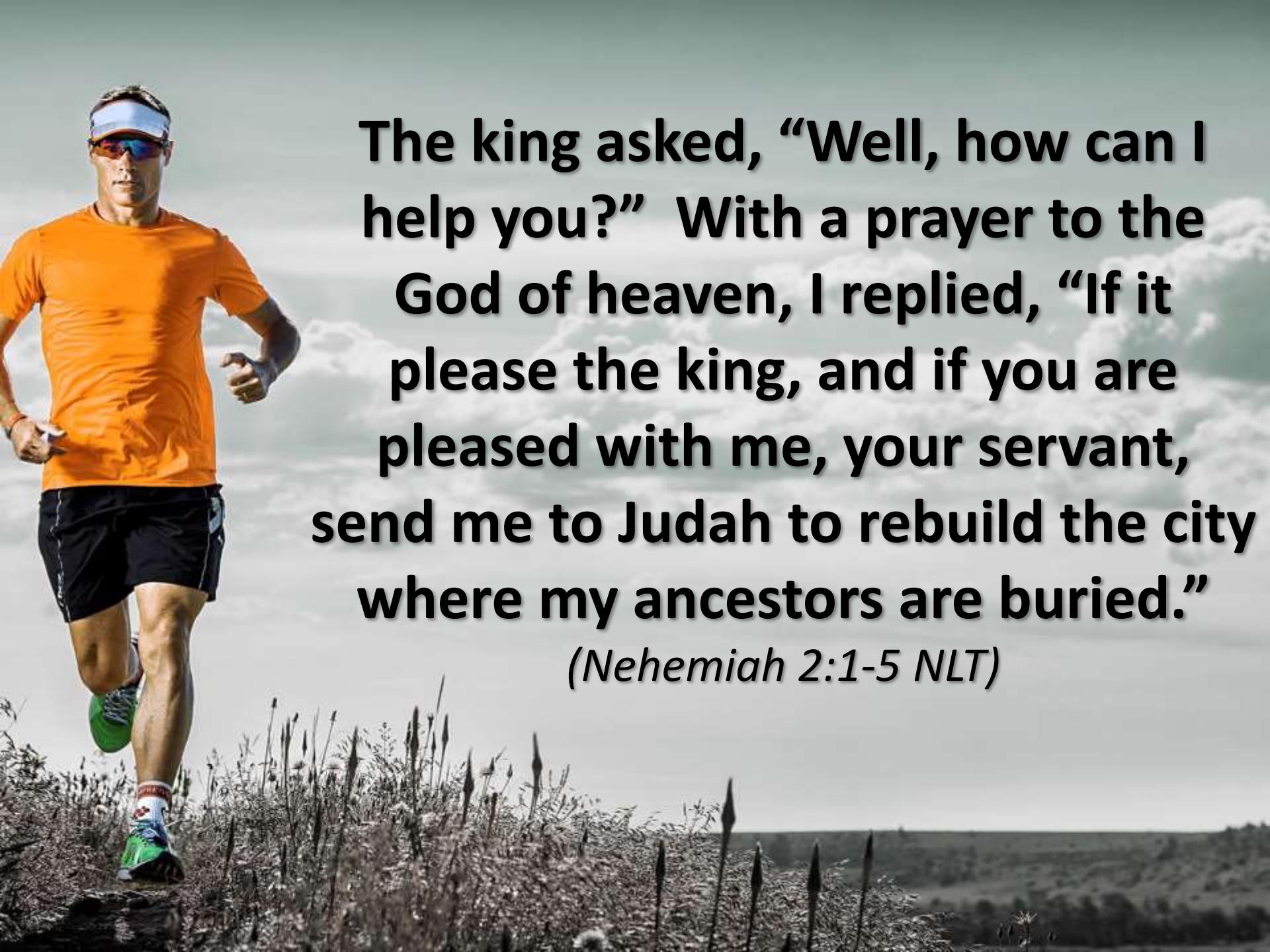
- *non-stop
- *confession
- *claiming God's promises
- *seeking God's favor

A photograph of a man jogging on a dirt path through a field of tall grass. He is wearing an orange t-shirt, black shorts, a blue visor, and sunglasses. He has a white armband on his left arm and a small device on his right wrist. He is looking towards the camera. The background shows a cloudy sky and a distant horizon.

Early the following spring, in the month of Nisan, during the twentieth year of King Artaxerxes' reign, I was serving the king his wine. I had never before appeared sad in his presence. So the king asked me, “Why are you looking so sad?

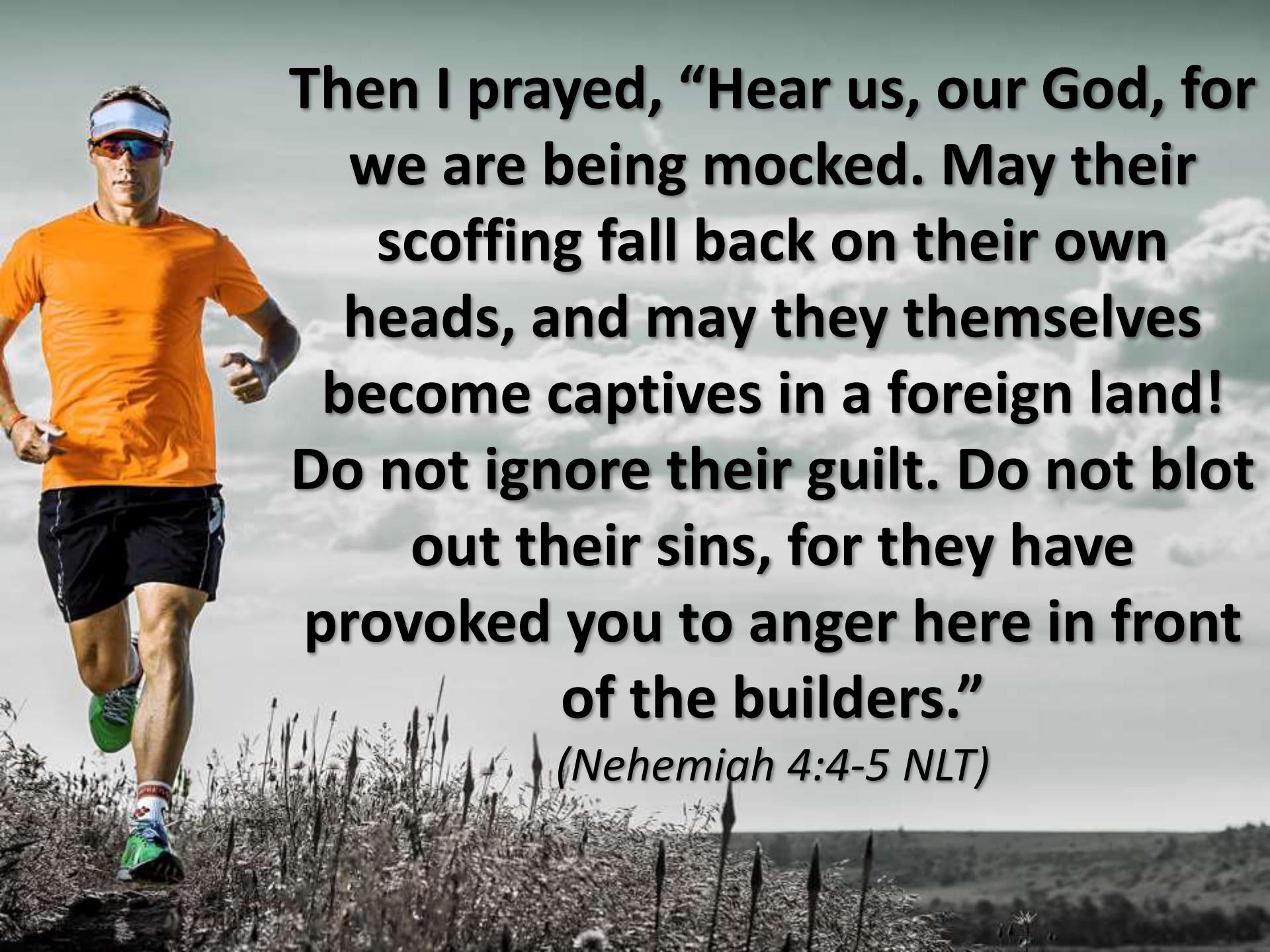
A photograph of a man jogging on a trail through a field of tall grass. He is wearing an orange t-shirt, black shorts, a blue visor, and sunglasses. He has a white band on his left wrist and a small device on his right belt loop. He is looking towards the camera. The background shows a cloudy sky and a distant landscape.

You don't look sick to me. You must be deeply troubled.” Then I was terrified, but I replied, “Long live the king! How can I not be sad? For the city where my ancestors are buried is in ruins, and the gates have been destroyed by fire.”

A man in an orange shirt and black shorts is jogging on a trail through a field of tall grass. He is wearing a blue headband and sunglasses. The background shows a cloudy sky and distant hills.

The king asked, “Well, how can I help you?” With a prayer to the God of heaven, I replied, “If it please the king, and if you are pleased with me, your servant, send me to Judah to rebuild the city where my ancestors are buried.”

(Nehemiah 2:1-5 NLT)

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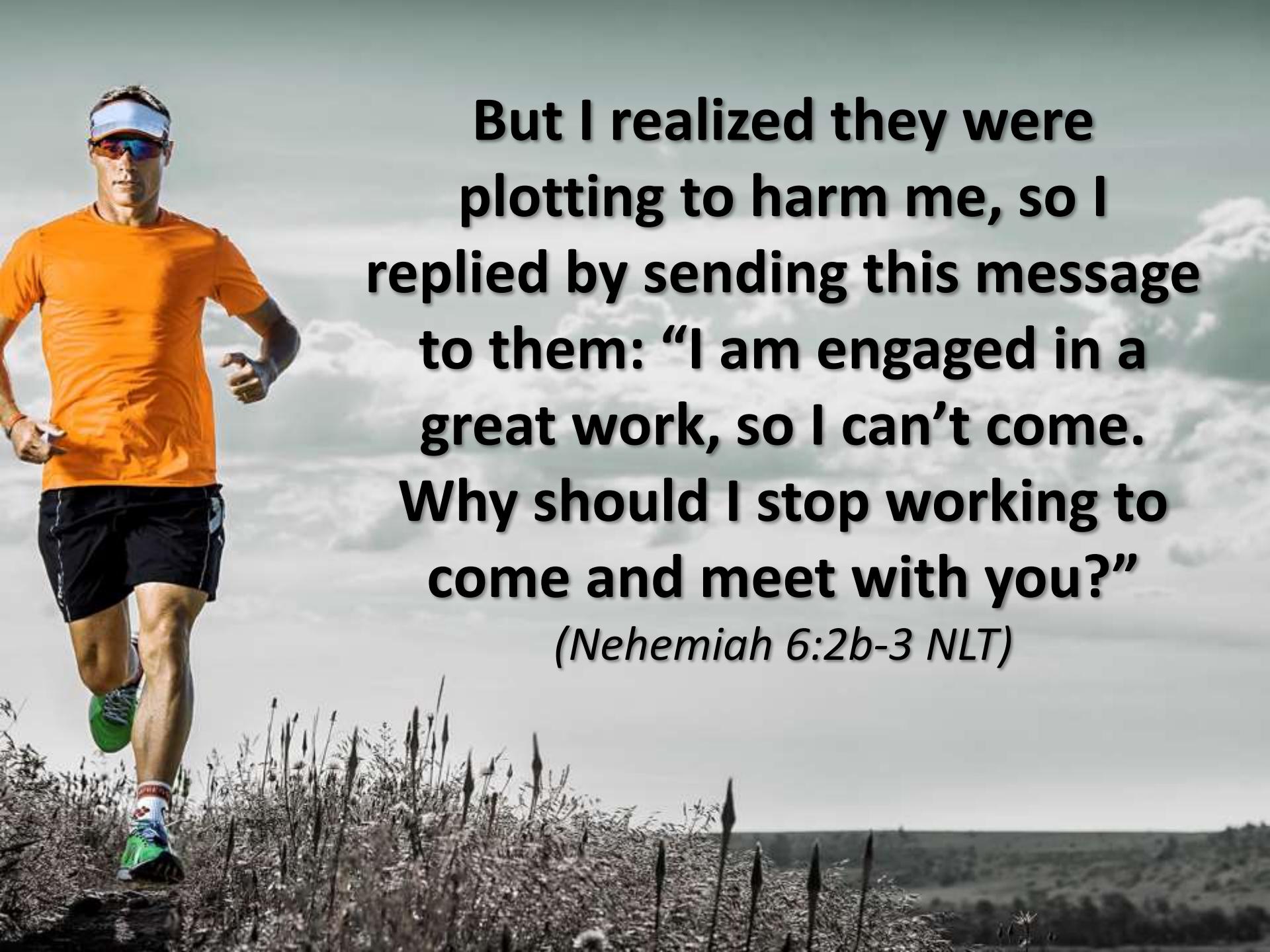
Then I prayed, “Hear us, our God, for we are being mocked. May their scoffing fall back on their own heads, and may they themselves become captives in a foreign land! Do not ignore their guilt. Do not blot out their sins, for they have provoked you to anger here in front of the builders.”

(Nehemiah 4:4-5 NLT)



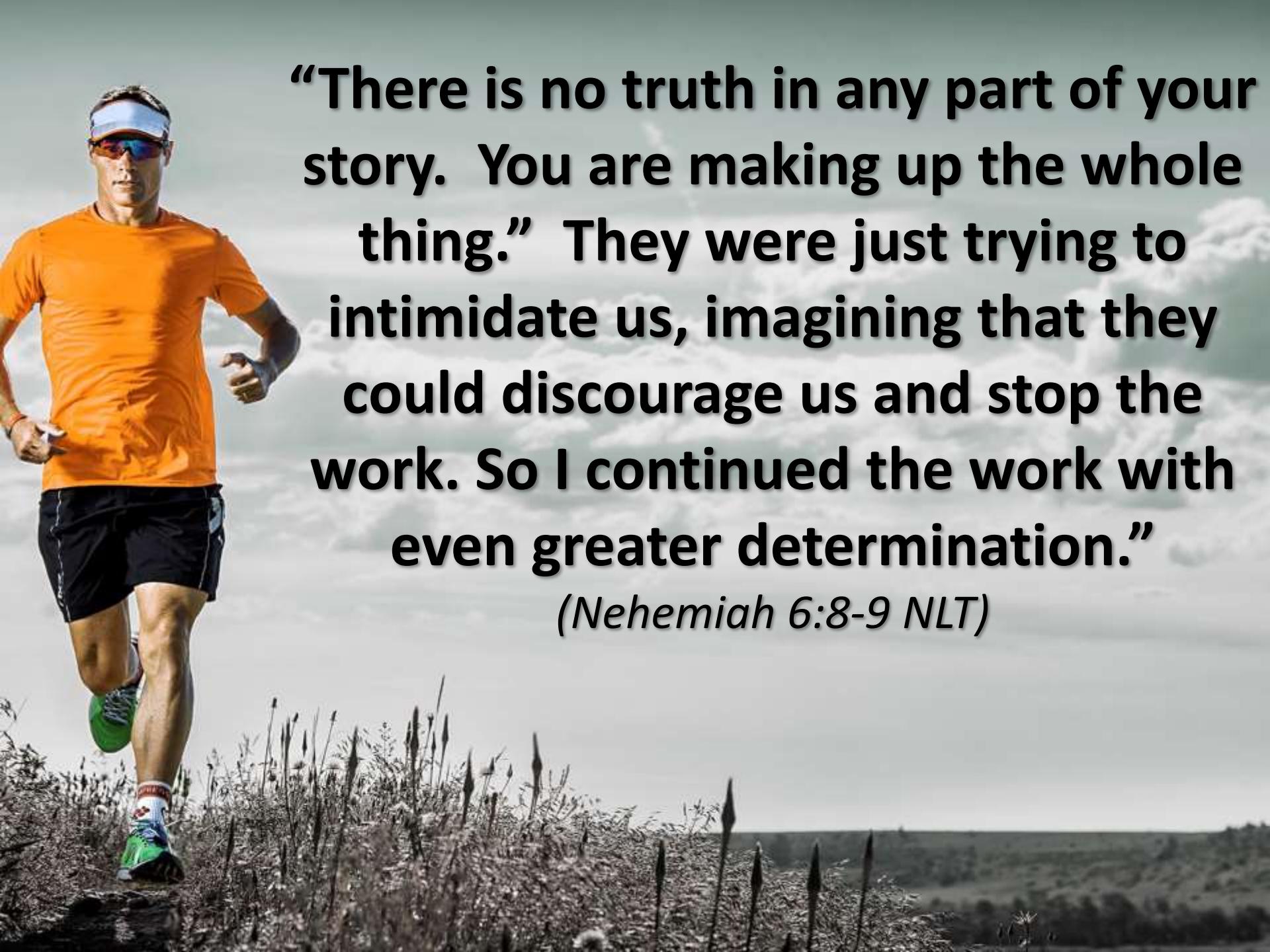
**“Then as I looked over the situation,
I called together the nobles and the
rest of the people and said to them,
“Don’t be afraid of the enemy!
Remember the Lord, who is great
and glorious, and fight for your
brothers, your sons, your daughters,
your wives, and your homes!”**

(Nehemiah 4:14 NLT)

A photograph of a man jogging on a dirt path through a field of tall grass. He is wearing an orange t-shirt, black shorts, a blue visor, sunglasses, and green running shoes. He is looking towards the camera.

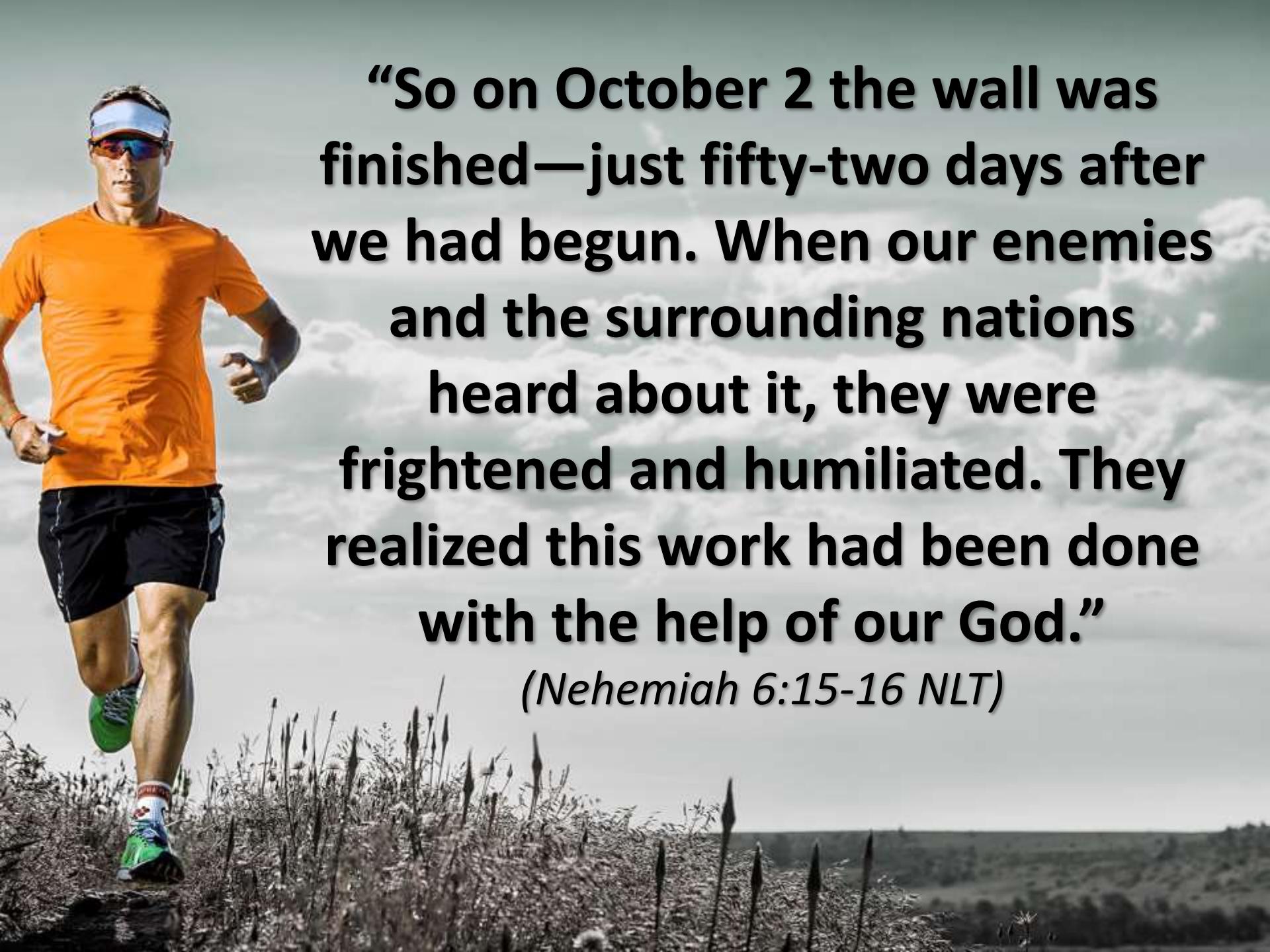
But I realized they were plotting to harm me, so I replied by sending this message to them: “I am engaged in a great work, so I can’t come. Why should I stop working to come and meet with you?”

(Nehemiah 6:2b-3 NLT)

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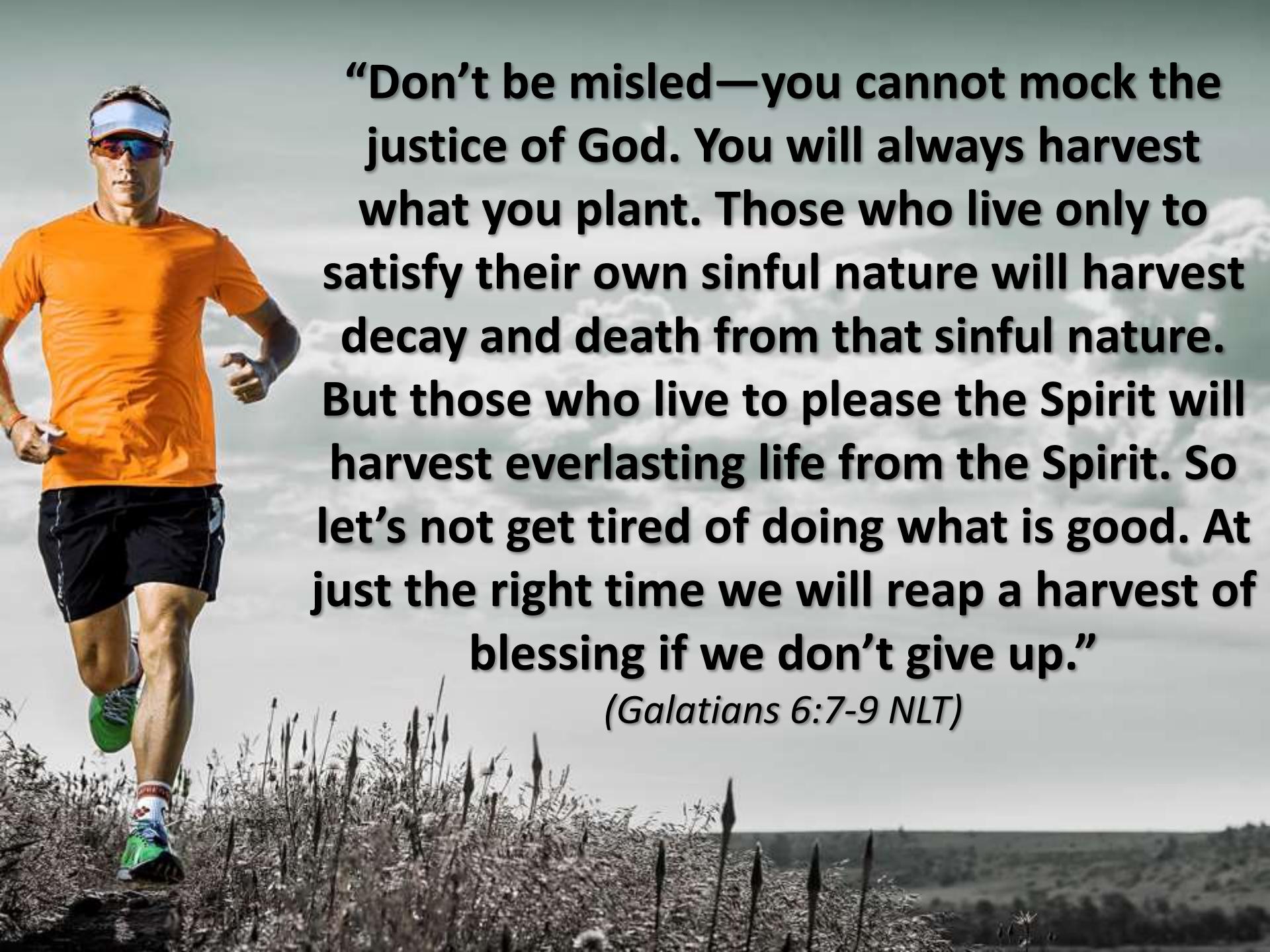
“There is no truth in any part of your story. You are making up the whole thing.” They were just trying to intimidate us, imagining that they could discourage us and stop the work. So I continued the work with even greater determination.”

(Nehemiah 6:8-9 NLT)

A man in an orange shirt and black shorts is jogging on a grassy hillside under a cloudy sky.

“So on October 2 the wall was finished—just fifty-two days after we had begun. When our enemies and the surrounding nations heard about it, they were frightened and humiliated. They realized this work had been done with the help of our God.”

(Nehemiah 6:15-16 NLT)

A photograph of a man jogging on a trail through a field of tall, dry grass. He is wearing an orange t-shirt, black shorts, a blue visor, and sunglasses. He has a white armband on his left arm and a small device attached to his belt. He is looking towards the camera. The background shows a hilly landscape under a clear sky.

“Don’t be misled—you cannot mock the justice of God. You will always harvest what you plant. Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up.”

(Galatians 6:7-9 NLT)

A man in an orange shirt and black shorts is jogging on a trail through a field of tall grass. He is wearing a blue visor and sunglasses. The background shows a cloudy sky and rolling hills.

Embracing God's PLAN for your
life will help you avoid the
DISTRACTIONS designed to
bring you harm while creating
an INFLUENTIAL spiritual
FORTRESS within you.

