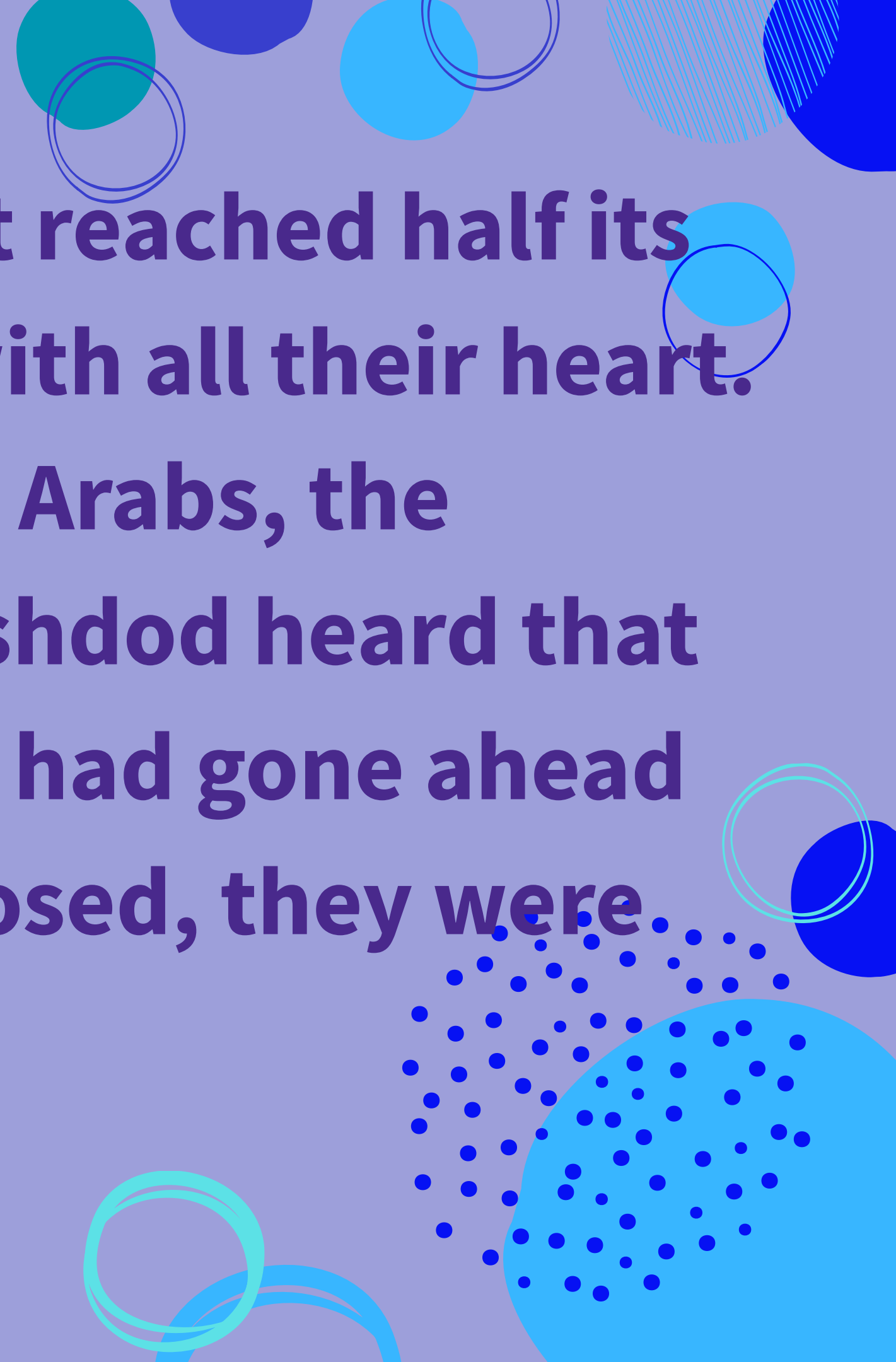




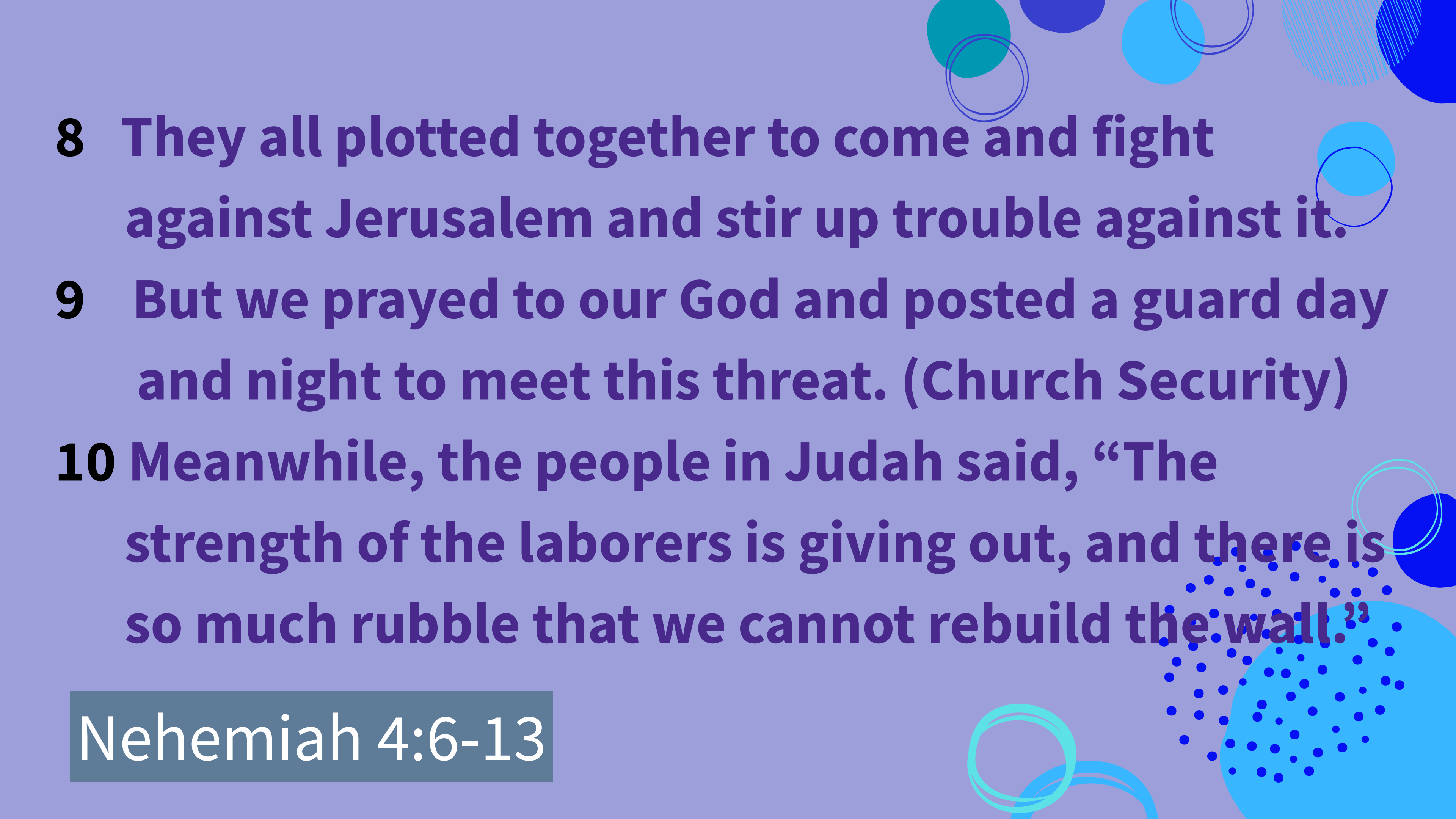
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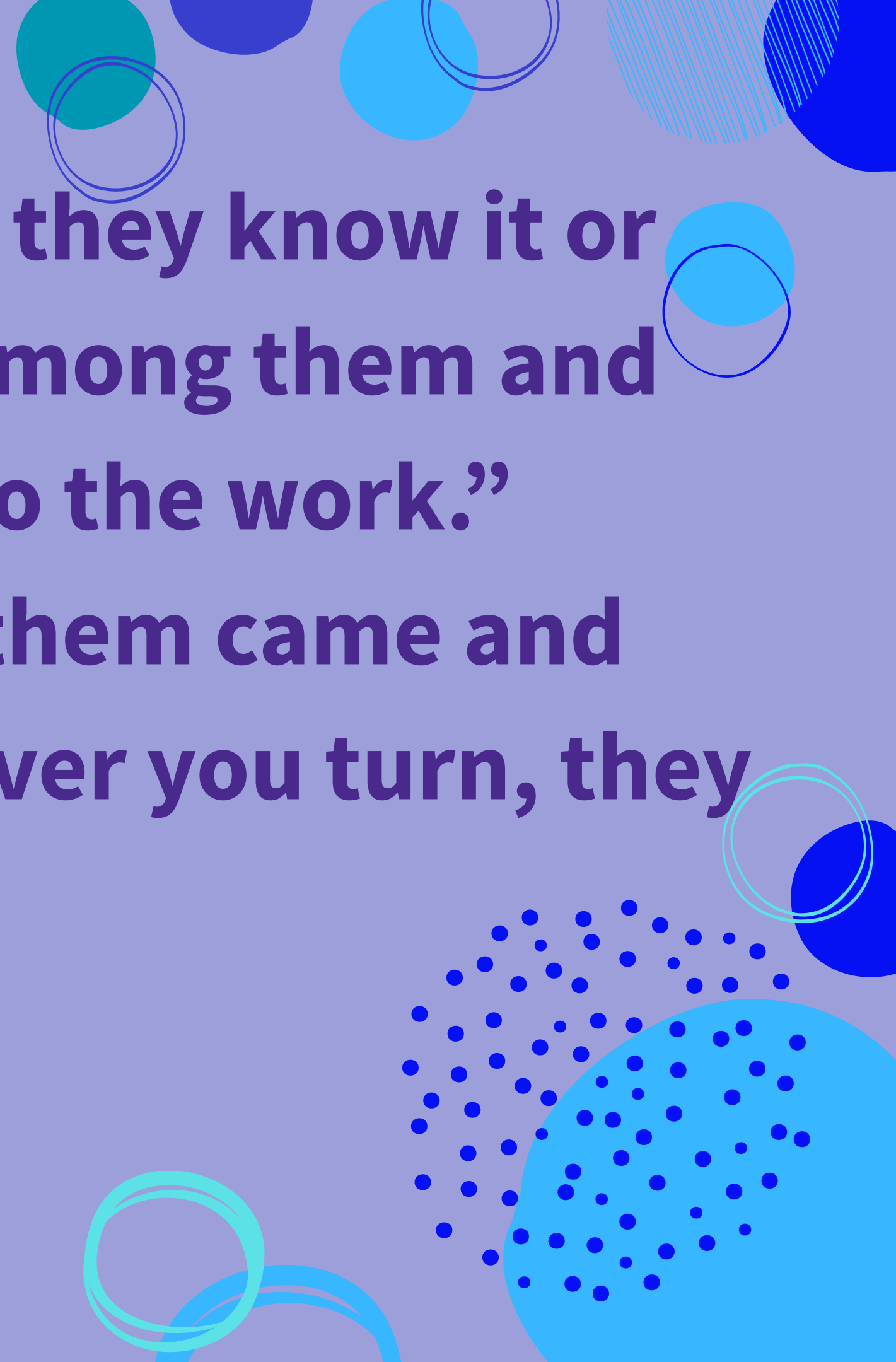
6 So we rebuilt the wall till all of it reached half its height, for the people worked with all their heart.

7 But when Sanballat, Tobiah, the Arabs, the Ammonites and the people of Ashdod heard that the repairs to Jerusalem's walls had gone ahead and that the gaps were being closed, they were very angry.

Nehemiah 4:6-13

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- 8 They all plotted together to come and fight against Jerusalem and stir up trouble against it.**
- 9 But we prayed to our God and posted a guard day and night to meet this threat. (Church Security)**
- 10 Meanwhile, the people in Judah said, “The strength of the laborers is giving out, and there is so much rubble that we cannot rebuild the wall.”**

Nehemiah 4:6-13



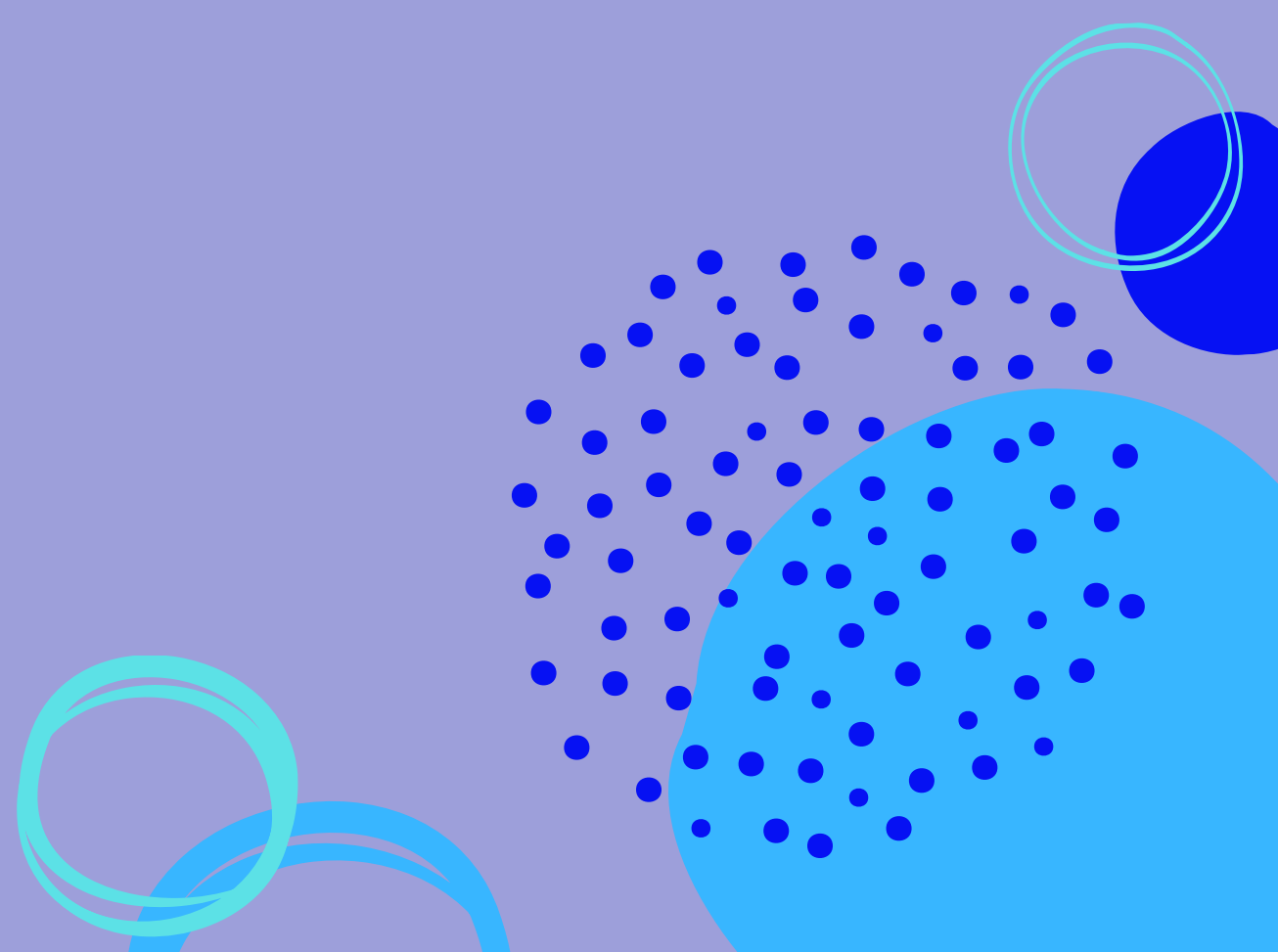
11 Also our enemies said, “Before they know it or see us, we will be right there among them and will kill them and put an end to the work.”

12 Then the Jews who lived near them came and told us ten times over, “Wherever you turn, they will attack us.”

Nehemiah 4:6-13



13 Therefore I stationed some of the people behind the lowest points of the wall at the exposed places, posting them by families, with their swords, spears and bows.



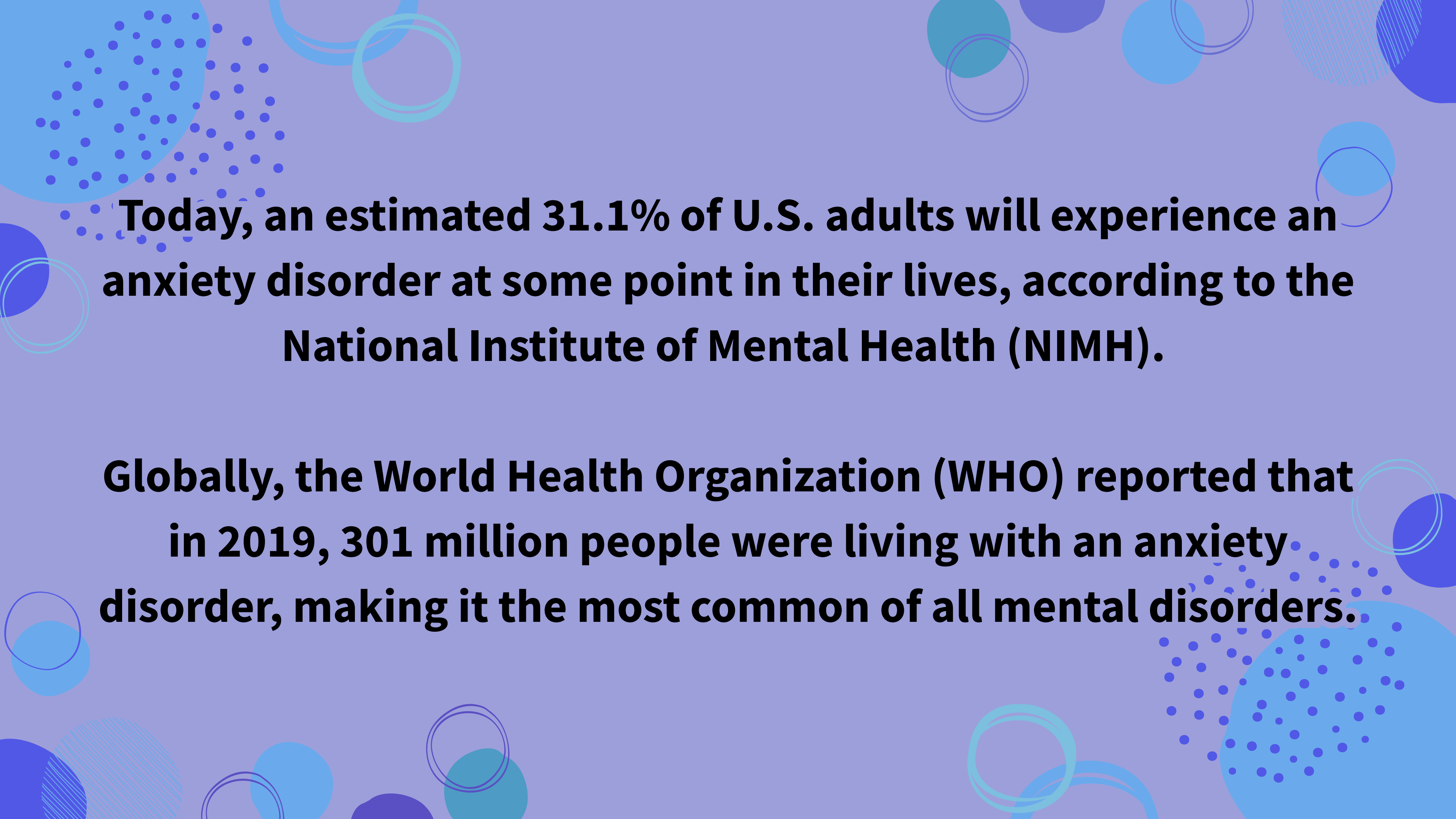
Nehemiah 4:6-13



19 Then I said to the nobles, the officials and the rest of the people, “The work is extensive and spread out, and we are widely separated from each other along the wall.

20 Wherever you hear the sound of the trumpet, join us there. Our God will fight for us!”

Nehemiah 4:19-20



Today, an estimated 31.1% of U.S. adults will experience an anxiety disorder at some point in their lives, according to the National Institute of Mental Health (NIMH).

Globally, the World Health Organization (WHO) reported that in 2019, 301 million people were living with an anxiety disorder, making it the most common of all mental disorders.