

**Life Perimeters-Part 3**  
**Nehemiah Chapter 2, verses 1-9**  
**"My Countenance With The King"**

•**Proverbs 15:13 KJV** A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.

A. A person's countenance reflects the condition of their

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B. A strong countenance is a sign of \_\_\_\_\_

\_\_\_\_\_.

•**Matthew 5:6** Blessed (**happy**) are those who hunger and thirst for righteousness, for they will be filled.

C. A strong countenance is a result of waiting and trusting the Lord's

\_\_\_\_\_.

**The 70 "sevens" of Daniel**

**Daniel 9:24** "Seventy 'sevens' are decreed for your people and your holy city to finish transgression, to put an end to sin, to atone for wickedness, to bring in everlasting righteousness, to seal up vision and prophecy and to anoint the most holy. [25] "Know and understand this: From the time the word goes out to restore and rebuild Jerusalem until the Anointed One, the ruler, comes, there will be seven 'sevens,' and sixty-two 'sevens.' [26] ...the Anointed One will be put to death and will have nothing.

Decree to rebuild: **March 14, 445 BC** - **Anointed One comes: April 6, 32 AD**

= 483 years to the day ~

**SECRET: How you feel doesn't matter as much as you think it does!**

"We are buying the lie that feelings trump all else and that how one feels can only be accepted and celebrated instead of addressed and challenged,"

~Benjamin Watson, New Orleans Saint tight end

D. A strong countenance is the product of a Spirit controlled

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