

Let's Discuss...Prayer

PART 4_How Do You Feel When You Pray?



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Key Bible verses:

*The effective, fervent prayer
of a righteous man avails
much.*

James 5:16b NKJV

*Sometimes I ask God, my
rock-solid God,
"Why did you let me down?
Why am I walking around in
tears,
harassed by enemies?"
They're out for the kill, these
tormentors with their
obscenities,
Taunting day after day,
"Where is this God of yours?"*
Psalm 42:9-10 MSG

*If I took you to court, Lord,
you would win. But I still have
questions about your justice.
Why do guilty persons enjoy
success? Why are evildoers so
happy?*
Jeremiah 12:1 CEB

EPISODE SUMMARY

In this episode we chat about how we can feel many different emotions when we pray. Sometimes our feelings change depending on our situations, the people around us, and so many other things. They are not constant and unchanging. So, it's important to remember the truth about who God is – what the Bible tells us!

We also talk about how our prayers can be answered differently, such as “yes”, “no”, or “wait”.

LET'S DISCUSS...

- How do you feel when you pray?
- Grace talks about the difference between praying out loud and praying in your mind. Have you tried this? What was this like?
- How do your prayers show your personality? Has your cultural background affected how you pray?
- In Matthew 7:7 NIV Jesus said, *“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.”*
 - » Do you ever expect a certain answer when you pray? Would the actual answer you get affect your belief in God?
- David writes in Psalm 22:1-2 NIV, *“My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish? My God, I cry out by day, but you do not answer, by night, but I find no rest.”*
 - » Have you ever been angry at God? Don't worry, you're not alone. Is there anything you are angry or frustrated with God for that you could spend time talking to Him about?
 - » Maybe even write an honest letter to God like David did in Psalm 22...what would you want to say?

LET'S PRAY...

But if we hope for what we don't see, we wait for it with patience... And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Romans 8:25, 28 ESV

Throughout our lives, there will be times when our prayers are not answered quickly or in the way we expected. It can be easy to grow tired as we wait for answers to our prayers. Let this verse encourage you as you pray today!

- Ask God to help you rest in confidence. As you spend time with Him, He is working all things together for your good.
- This week, take time to write down some things you are praying for. Keep this somewhere that you can look back on.

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