

Let's Discuss...Prayer

PART 4_How Do You Feel When You Pray?



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Scriptures mentioned:

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 reflect on how we can feel a variety of emotions when we pray. Greg mentions that while feelings can be fickle, it is important to keep in mind what we know about God, and what Scripture tells us. Jemima shares that she likes "answers!", but has found that her prayers can be answered by "Yes", "No", or "Wait".

Let's Discuss...

- How do you feel when you pray, or when you set time aside to "fix your eyes on Jesus" (as mentioned in Hebrews 12:2)?
- Grace shares about the difference she feels when she prays out loud instead of internally. Have you tried this? What was this experience like for you?
- How do your prayers express your unique personality? Has your cultural background influenced your prayer life?
- "We must know before we can love. In order to know God, we must often think of Him; and when we come to love Him, we shall then also think of Him often, for our heart will be with our treasure."
Brother Lawrence
 - » Discuss this quote from Brother Lawrence. When do you find it easiest to think of God?
- 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 have any expectations of how your prayers should be answered? Or would a certain "answer" affect your faith differently than another?
- The Psalmist in Psalm 22 (NIV) cries out, *"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 are not alone. Is there anything you are angry at God about now that you could spend time exploring in prayer? Maybe even write an honest psalm-like reflection of your own?

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 many moments where our prayers are not answered as quickly or in the manner that we want them to be. It can be easy to grow weary 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, knowing that while you spend time in His presence, He is working all things together for your good.
- This week, take some time to write down some things you are praying for. Keep this somewhere that you can look back on in the future.