

Water of Life Community Church

WHY PRAY?

HOW TO PRAY WHEN YOU HAVEN'T GOT A PRAYER

GUEST SPEAKER, BUDDY OWENS

WEEK 3

PSALM 77

PARTICIPANT GUIDE

ICE BREAKER

PRAYER

WORSHIP

INTRODUCTION

Pressures and fear can sometimes dampen our hearts and keep us from praying when we need to the most! Sometimes we find ourselves in an unexpected situation when we are flooded with thoughts and emotions making it difficult to express how we feel or even to know what it is that we need in that moment. What are the steps we can take when we haven't got a prayer?

DISCUSSION QUESTIONS

1. READ PSALM 77:1-12

- a. When have you been in great distress as described in these verses? Was your first response to cry out to God?
- b. As we study prayer, we often find that we have thoughts about prayer learned from a young age that may not be biblical. Believing that one should try everything that can be done before praying is a way to respect God. Why is this not true?
- c. In verses 3-4, the psalmist describes his emotions and feelings. Why is it hard sometimes to tell God how we feel? Do you sometimes think that God is not interested in your feelings? Why or why not?
- d. In verses 5-9, the psalmist asks questions after remembering the former days. What was he reminded of? How does remembering the former days help you to pray?

2. READ HABAKKUK 3:17-18 AND PSALM 77:20

- a. The verse in Habakkuk challenges us to change our complaints to praise. Describe a time when, even though it was difficult, you were able to do this.
- b. The last verse of Psalm 77 reaffirms God as the shepherd, leading his flock. Why do you think the psalmist ended his psalm with this thought?

PRAYER/MINISTRY TIME

- When you are in distress, why is crying out to God difficult? What can you do to allow yourself to cry out to God?
- In Psalm 77:13-15 the psalmist turns his complaints into praises. What will it take to begin praising in the midst of distress?

GOING DEEPER/WEEKLY CHALLENGE

REFLECT

- Consider your prayer life – do you feel you spend a little too time seeking God for what you want Him to do compared to responding to Him for what He is already doing?

RESPOND

- This week, begin and end each day wholeheartedly thanking God for His goodness, His lovingkindness and His faithfulness.

Also ... Subscribe to our e-devotionals by texting "eDevotional" to 67076; or go to wolgroups.com and click on the eDevotional button for daily testimonies relating to this week's theme.

MEMORY VERSE

Psalm 77:1 & 2a

"I cried out to God for help; I cried out to God to hear me. When I was in distress, I sought out the Lord."

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