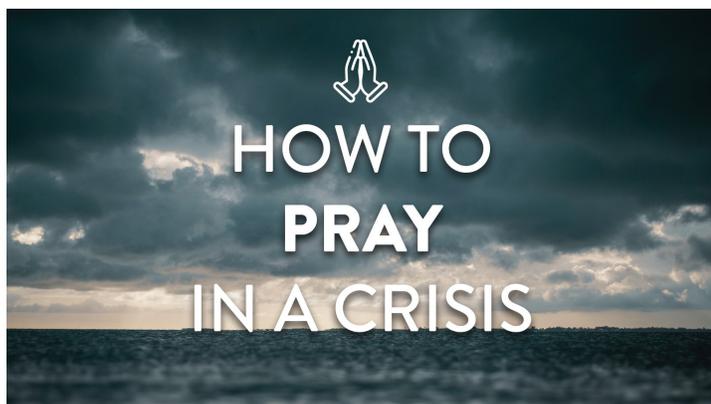


SMALL GROUP STUDY GUIDE



**PRINCE
OF PEACE**
Called to Connect



How to Pray in a Crisis

April 26, 2020

We're in a global crisis and it's impacting our health, our economy, our relationships and our hearts. As followers of Jesus we all know that we're supposed to pray in a crisis, but prayer in the midst of a crisis isn't always easy. We're not always sure what to pray for, or what to do with what the crisis has brought to the surface, cast up onto the shore of our consciousness.

SCRIPTURE TEXT: PSALM 13 & PSALM 22

Read the scripture text together as a group.

BACKGROUND INFO

A man named David wrote most of the Psalms. They are his songs, his prayers. David was a king who experienced more than a few crises in his life. And whenever David was in a crisis, he prayed. He wrote a Psalm. And so, David has lots to teach us about praying in a crisis. I want to highlight two patterns that I see in David's prayers that can help us as we learn how to pray in a crisis. First, and I think most importantly, David was **honest with God** about what he was thinking and feeling. Sometimes brutally honest—Read Psalm 13.

The second thing we can learn about praying in crisis is this: **practice gratitude**. Crises have a way of narrowing our vision so that we only see what we lack, what we've lost and what we can't control. Practicing gratitude is like putting on corrective lenses so that we can see God's enduring presence, abundance and love all around us, all the time. And the more we practice, the more we'll see.

Read the Psalms and you'll quickly discover that no matter dire the crisis, David practiced gratitude. Even when his life was on the line, David found reason to praise and thank God. Read Psalm 22.

DISCUSSION QUESTIONS

- Do you find it easy or challenging to be brutally honest with God in prayer? Why?
- How has our current crisis changed or challenged your prayer life?
- How has practicing gratitude shaped your life? What are you most grateful for during this current crisis?
- If you have to pick one word of brutal honesty and one word of gratitude to cry out as your current prayer to God, what would they be?

APPLICATION: This week, consider what's been going on in your head and your heart in the last few weeks? Have you told God about it? You can give it voice. You can journal it. And you can be honest.