

Weekly Discussion Guide – 1-22-2023

1. Have you ever prayed and felt like no One was on the other end? Did this happen as you were just learning to pray and trying it out, or has it happened even at times you felt solid in your faith?
2. Can you identify any reasons you might sometimes sense God's presence in strong ways and not at other times?
3. Read Matthew 27:45-50. Take a moment to think about what Jesus cried and what it could mean.
4. Now read Psalm 22. Take note of any changes in the psalmist's attitude as he prays.
5. How does reading the whole thing give a fuller picture than stopping at the first line? What all does this psalm communicate?
6. In his book, *Prayer: Finding the Heart's True Home*, Richard Foster suggests that God allows all of us to experience feeling forsaken in prayer at times so that we can learn to pray without depending on results or feelings. Respond to this thought with your group.
7. The bottom line of the sermon was, "When you don't like what you feel, pray what you know." Share some things you *know* about God. What can you remind yourself and each other about God that's true no matter how we feel? Consider keeping this list tucked in your Bible for times in prayer when you need it.