

# PARTE IV: Unanswered Prayer

Fecha @November 16, 2022

- **We invite you to bring the printed guide** so that we don't get distracted by the cell phone and continue reading.

## **BEGIN IN PRAYER AND WORSHIP.**

**Pray asking the Holy Spirit to direct and guide your time together.**

## **TALK ABOUT LAST WEEK'S PRACTICE.**

- How are you doing establishing a daily rhythm of prayer?
- How did you do with the practice of the prayer cards? Who can tell us a story to encourage us about this practice?
- Who thinks will continue with intercessory prayer even after this practice is over?
- Who is still struggling to have a daily prayer rhythm? And why do you think you're still struggling?
- Does anyone have any questions or concerns about any of the types of prayer we have done or how to create your own daily prayer rhythm?

## **READ THIS SUMMARY.**

Unanswered prayers can be a place of doubt and despair for many of us. And for good reason, it's confusing. Why do we sometimes pray and immediately our prayers are answered? But other times we pray and nothing happens. Or why sometimes we pray, and pray again, and pray again, and finally after months, the answer comes. But why did it take so long to come?

The truth is that it is very difficult to live between Jesus' promise that "if you ask anything in my name, I will do it" and the reality of our experience with unanswered prayers.

**The question is: How can we live in the midst of faith and doubt, hope and despair, expectation and frustration?**

One answer to how to live in those moments is through **the prayer called lament**. In the Bible there is a prayer book called The Psalms. And it is there to teach you and me how to pray. And more than two-thirds of the psalms are prayers of lament: prayers to vent anger, disappointment, confusion, questions, and frustration toward God.

**But very few of us actually know about lament and how to do it.** So this week, our goal is to learn a little about this type of prayer.

### **TALK ABOUT SUNDAY'S TEACHING.**

- What struck you about Sunday's teaching?
- Why do you think it is important to know what could be the reasons why our prayers are not being answered?
- What was one or two reasons why our prayers are not answered that caught your attention?

### **READ THE BIBLE TOGETHER.**

#### **Read Psalm 13**

- What strikes you the most about the way in which David is expressing himself to God?
- How does it help you knowing that the Bible invites us to learn how to pray and express our emotions of sadness, pain, doubt, and frustration?
- Why do you think it is so important that as followers of Jesus we accept when we are wrong and that we express it to God?

### **DO THIS PRACTICE AS A COMMUNITY RIGHT NOW.**

In this practice we are going to learn how to make a prayer of lament.

**Steps:** The facilitator is going to read a step and we are going to do it. Until we get to the last one.

- We are all going to put away our phones or any other distractions and get into a comfortable but alert position.
- We are going to invite the Holy Spirit to come with a short prayer.
- Think of an unanswered prayer in his life.
- With that unanswered prayer in your mind, let's listen to Psalm 13. As you listen to it, try to pray it thinking about your unanswered prayer.
- Now let's stay quiet for a minute. Thinking and feeling the weight of regret in your own life. It can be a lament for an unanswered prayer or for emotional pain that you are going through right now.
- Now in a short form, we are going to encourage everyone to pray their own "psalm of lament" to God. Don't censor yourself. Be honest with God and your community.

You can do it like this, **"God, why have you forgotten about \_\_\_\_\_ (and say the unanswered prayer or pain). I feel \_\_\_\_\_ (frustrated, angry, angry, hopeless). I feel like I can't keep going but I trust in your unfailing love"**

- Now we are going to finish by singing a worship song expressing our faith in God in the midst of unanswered prayer.
- In closing, let's thank Jesus that He went through unanswered prayers and emotional pain in the Garden of Gethsemane and on the cross. And that he will lead us and guide us through those kinds of moments.
- Some songs that can help you in your time of lament prayers.
  - Cornerstone by Hillsong
  - The Desert Song by Hillsong
  - Do It Again by Elevation Worship
  - Same God by Elevation Worship

## **READ THE PRACTICE FOR THIS WEEK.**

- This week's practice is to keep learning to lament before God and be honest.
- We have three exercises that we think are helpful in learning to lament. Choose one, or all three. Depending on your week and what you feel you are emotionally prepared for.

### **Exercise 1: Praying the psalms of lament**

- Choose a psalm of lament and use it as a guide in your prayers (as we do with the Lord's Prayer).
- Some Psalms of lament are these: Psalm 3, 4, 6, 10, 13, 60.
- Don't just read/pray it and move on. Sit in the discomfort and let God comfort you. Don't be afraid to feel even the "bad" emotions of pain or sadness.

### **Exercise 2: Write your own psalm of lament**

- Take out a journal or a piece of paper and write your own psalm of lament.
- Remember: prayer is not a place to be good; It is a place to be honest. God already knows what is in your heart! And no one else has to see this. Simply write down all your dreams, doubts, hopes, fears, questions, confusion, disappointments, etc.
- Then read what you wrote as your psalm of lament to God.

### **Exercise 3: Journal**

- Get a journal/notebook if you don't already have one.
- Make a list of unanswered prayers in your life.
- Go over each one, and just stay there for a moment, and see if the Spirit stirs something in your heart.
- Write how it feels to live with unanswered prayer. It is helpful to write as if it were a letter to God. Just getting it all off his chest.

**Note: Feel free to choose one of the three exercises or all three**