



- Prayer is an **action** from us— not an **attitude** within us.

Be cheerful no matter what; pray all the time; thank God no matter what happens. This is the way God wants you who belong to Christ Jesus to live. 1 Thessalonians 5:17 (MSG)

We probably don't like prayer because:

- We have to admit that we're **not in control**.
- We have to acknowledge we don't have it **all together**.
- We're unsure that we want to hear **God's response**.
- Prayer doesn't mean we always get what we **want**, it means we get what we **need**.
- Prayer reminds us that we're not in **control** and keeps us **close** to the one who is.

A mob quickly formed against Paul and Silas, and the city officials ordered them stripped and beaten with wooden rods. They were severely beaten, and then they were thrown into prison. The jailer was ordered to make sure they didn't escape. So the jailer put them into the inner dungeon and clamped their feet in the stocks. Acts 16:22-24 (NLT)

Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening. Suddenly, there was a massive earthquake, and the prison was shaken to its foundations. All the doors immediately flew open, and the chains of every prisoner fell off! Acts 16:25-26 (NLT)

- What we do in the darkness of our **disappointment** really matters.
- Prayer **connects** us to God.

...trust in him at all times. Pour out your heart to him, for God is our refuge. Psalm 62:8

- God is with you in your **darkest hour**.

LORD, you give light to my lamp. My God brightens the darkness around me. Psalm 18:28 (NCV)

When you're in over your head, I'll be there with you. When you're in rough waters, you will not go down. When you're between a rock and a hard place, it won't be a dead end— Because I am GOD, your personal God,...Isaiah 43:2-3(MSG)

- Because God is with us, we need to make the effort to **be with Him**.
- Don't let what has happened **to you** be an opportunity for the enemy to work **in you**.

Prayer is a response that keeps us from becoming **bitter**.

Actions steps:

- In the darkness express your **hope** in God.

Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and my God! Psalm 43:5 (NLT)

- In the darkness express your **love** for God.

I love you, LORD ; you are my strength. Psalm 18:1 (NLT)

- In the disappointment express your **gratitude** to God.

I will bless the LORD at all times (Thank the Lord at All times); his praise shall continually be in my mouth. Psalm 34:1 (ESV)

TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

Questions that can be used in Connection Groups:

These questions also work well for personal time with God.

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- Make time this week to be present with God. Get alone with God.
- Is prayer difficult for you? (Do you avoid it) Explain. What is the greatest obstacle for you to overcome in prayer?
- How do you pray through times of disappointment?
- Do you think it was important for the inmates to hear Paul and Silas praying? Explain.
- What does the point mean to you that says: "Because God is with us, we need to make the effort to be with Him." ?
- If we don't connect with God during times of disappointment what kind of seeds does the enemy try to plant within us?
- How do we express our hope in God through prayer?
- How does expressing our love to God help us in disappointing times?
- How does gratitude deal with disappointment?

For more Talks, visit us at:
fresnoquest.com

Coming up:



Today's Talk..



fresnoquest.com



“How to Pray through disappointments”