

# Wrestling in Prayer

February 9, 2014

Psalm 42

## Brutally Honest Prayers

- Hannah (1 Samuel 1:15-18)
- Longing (Psalm 42:1-4)
- Depressed (Psalm 42:5)
- Abandoned (Psalm 13:1-2)
- Guilty (Psalm 32:3-5)
- Angry (Psalm 3:7-8)
- Afraid (Psalm 56:1-4)
- Doubts, Questions (Psalm 73:2-3, 13-14)

## The Goal – Trust

### Consider Same List

- Longing
- Depressed
- Abandoned
- Guilty
- Angry
- Afraid
- Doubts, Questions

## The Process – Prayer

### Denial is NOT Faith!

See the Right Goal – Trust  
But Short Circuit the Process

### Prayer IS the Process

Psalm 56:3

Philippians 4:6-7

- Wrestle to a Place of Trust
- Wrestle in Prayer

# The Practice of Prayer

## Review

Set Aside Time

Prayer List – Specific Requests

Listening Time – Silence

Praying Scripture

Writing – Journal

Songs – Sung Prayer

Liturgical Prayers – Vocabulary of Prayer

Laying on Hands

Pour out your heart

## Praying Scripture

### Start very simple!

Set aside a little time.

## Read a Passage

Read Slowly, Attentively – Listening

Look for a word, phrase, idea

## Write an idea

## Turn it into Prayer

## A Prayer For Families

Almighty God, our heavenly Father, who places solitary persons in families: We commend to your continual care the homes in which your people dwell. Put far from them, we beseech you, every root of bitterness, the desire of vainglory, and the pride of life. Fill them with faith, virtue, knowledge, temperance, patience, and godliness. Knit together in constant affection those who, in marriage, have been made one flesh. Turn the hearts of the parents to the children, and the hearts of the children to the parents; and so enkindle fervent charity among us all, that we may evermore be kindly one to another; through Jesus Christ our Lord. Amen.