

a) How does Asaph humbly, honestly and persistently express his thoughts and emotions to God in this Psalm?

b) As he prayed through this trial, Asaph said his “soul refused to be comforted” (*see verse 2*) and he wondered “Has God forgotten to be merciful?” (*see verse 9*). Can you relate? When have you felt this way and how did you deal with your feelings?

c) In verses 1-9, Asaph sounds pretty discouraged. But in verses 10-20, Asaph sounds encouraged and hopeful. From verses 10-20, what helps Asaph gain a new perspective concerning his trial? What does he say? What does he remember about the Lord that gives him hope to persevere through his trial?

4. Healthy communication with God is dependent on us being on good terms with Him. However, like any relationship, there can be roadblocks that we may or may not be aware of that can cut off our communication with the Lord. What potential roadblocks do the following verses describe?

- Psalm 66:18
- Jeremiah 5:25
- Psalm 51:12

Taking It Home – Prayer

Spend time praying for one another. Pray for strength and hope to abide in our Life Group through our trials.

“How to Pray Your Way Through Trials”

Luke 22:39-46

Jesus Prays in the Garden of Gethsemane

Luke 22:39-46; Matthew 26:36-46; Mark 14:32-42

How can you prepare yourself for trials?

Make personal time with God the norm, not the exception.

Luke 22:39; James 1:2-3

Why is this important?

- Because you need to be wise.
Matthew 7:24-27
- Because you need to have hope.
1 Peter 5:6-10

How should you pray your way through trials? Pray like Jesus did!

1. When you pray, pray humbly.

Luke 22:42; Matthew 6:10; Psalm 147:6; James 4:10

2. When you pray, pray honestly.

Luke 22:42; Job 10:2-3, 18-22

3. When you pray, pray persistently.

Luke 22:42, 44; Matthew 26:39, 42, 44; Mark 14:36, 39, 41

4. When you pray, be transparent with your closest friends.

Matthew 26:37-38; Mark 14:34

5. When you pray, give specific prayer requests to your closest friends.

Luke 22:40, 46; Matthew 26:41; Mark 14:38

Remember:

Life is better together!

Ecclesiastes 4:9-12

Sermon Based Bible Study

Week of November 18, 2018

From Sunday's message...

Looking back at your notes from this week's teaching, was there a particular point, verse or comment that caught your attention, challenged you or raised a question?

Getting Connected

1. What has been one of your greatest trials in life? What have you learned from this trial that could be helpful for others to know?
2. What is one prayer request you prayed for repeatedly that in time God answered? How did this encourage you?

Going Further – Growing in Christ

1. Review our November Bible verse: Psalm 100:5 – *“For the Lord is good; His lovingkindness is everlasting and His faithfulness to all generations.”*
2. Missionary of the Week: This week pray for Wayne and Katheryn Niles as they share Christ, equip local churches, and meet the physical needs of people in the Congo.
3. Asaph was a worship leader/singer and poet who served under King David. Psalm 77 was written by Asaph and in it we find Asaph praying his way through a great trial not only for himself, but also for Israel. Read Psalm 77. After reading it, answer the questions listed on the next page.