

Cultivate Reflection Guide

How to Pray... Through Disappointment Pastor Matt Brown | June 25-26, 2022

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If there's one thing that seasoned Christians and new Christians can relate to, it's the struggle with prayer. What are we supposed to say to the God who created the universe? Does he really hear us? What if we get the words wrong? As a church, we'll explore these questions and more as we learn how to pray.

Our Reflection Guide is a tool to help you grow spiritually wise, relationally kind and emotionally healthy. Use it to start a REAL conversation in community or to cultivate God's word into your life through personal bible study. Choose the questions that encourage you to reflect and respond to what we're learning. Pair it with your bible, a journal or any resource that helps you learn. *It's not about getting through the content, but getting the content through you!*

Read: [Matthew 6:9-13 NIV](#)

Reflect: As you reflect on the weekend message, what most encouraged, instructed or challenged you? Is there a truth, promise or instruction that you will cultivate into your life?

Notable Quotes: Pick a quote that sparks conversation/reflection and talk, journal or pray about it.

- If Jesus can hang onto the cross, then He can hang onto our deepest disappointments.
- Trust God where you are so he'll take you where you need to be.
- We bring in the kingdom when we submit to the King.
- Remembering yesterday's blessings will help us endure today's suffering.

Respond:

1. When we feel the most disappointed by God is when we most need to **tell God how we feel**.
 - What is your first response or reaction in the face of disappointment? Consider the emotions you feel, the actions you take and the people you turn to. How is that response working for you?
 - What, if anything, keeps you from honestly telling God how you feel? This could be emotional [fear, doubt], practical [time, habits], relational [how you see God] or even cultural [how you learned to talk to God].
 - Are there any burdens you're carrying right now that you have yet to take to God? Make time this week to sit with Jesus and honestly talk to Him.
2. What has **God done in your past** that helps you trust in His plans for your future? How does this give you perspective on your disappointments and/or God's ability to work through them?
 - *If your disappointment, discouragement or dissatisfaction is still fresh*, ask God what you are missing. Did you sin? Is there something you need to learn? Is God protecting you from something you can't see?
3. [Read Ephesians 5:15-17 NIV](#). What is a hope, dream or desire you have for your future? How could you begin positioning yourself for that blessing by honoring God where He has you today? Be specific – what do you need to START or STOP doing SO THAT you are wisely and carefully pursuing God's will?

Prayer: *Jesus, thank you for being a safe place for me to bring any disappointment. Sometimes it can be hard to see what's possible when my current circumstances seem impossible. But I want your will to be done in my life. Remind me of yesterday's blessings so that I can learn, grow and trust where you have me today. Help me to live wisely and carefully as I position myself for the blessings you have for me in my future. Amen.*

Dig Deeper Opportunity

[Read Proverbs 19:21 NLT](#). Trusting God's plans for us is an exercise in faith. Is there anything in your life you're holding onto so tightly that you're forgetting to seek or struggling to submit to God's will? Ask God to not only help you loosen your grip, but to deepen your trust in His purpose, plans and the process of getting you there.