

# THE LANGUAGE OF PRAYER

## A Series on the Book of Psalms



July 2nd, 2017  
Praying for Strength



This week, Associate Pastor Ed Satterfield continued our study on the Psalms.

### READ

Psalm 46

### REFLECT

1. Ed began by discussing the ways we typically handle the troubles in our life, how we either minimize the trouble or encourage more self-reliance. Think of instances in your life either when you've been in the midst of trouble and heard this advice or times where you've given this advice to others.
2. Ed also delineated between striving and relying on God's strength in times of trouble. The Psalm asks us to "cease striving" or "be still." How might you be able to stop trying to fix the problems in your life and rest in God's ability to triumph?
3. Ed mentioned the significance of the Psalmist alluding to Jacob in this Psalm. What significance does that have for you? How do you connect with the story of Jacob?

### PRAY

- + Ask Jesus to still the storms of your life.
- + Confess all the foolish ways we deal with grief, trauma, and difficulty, how we try to weather storms based on our own strength, how we avoid dealing with the central issues.
- + Thank God for providing strength and refuge.
- + Pray for spiritual renewal in our Church, our Community, and our City.

### PRACTICE

- + Instead of deflecting or minimizing trauma, Ed encouraged us "to get in touch with trauma more fully so that we can acknowledge the poverty of seeking to manage our trouble with our own strength." How can you let go of your defense mechanisms and try this approach?
- + Ed gave us two tangible steps to switch from self-management to reliance upon God: "admitting our weakness" and "clinging to God." Work together with your group and come up with practices, reminders, or habits that can help you accomplish these steps.
- + Who can you remind (or talk with for the first time) about God's forgiveness and faithfulness? Try to commit one conversation to this during the week.