

## THE DISCIPLINE OF PRAYER: HELPLESSNESS

### *Psalm 5*

#### MAIN IDEAS FROM THIS WEEK

1. REMEMBER THE END
2. REMEMBER GOD'S LOVE
3. SURRENDER THE SELF
4. LEAVE PUNISHMENT TO GOD
5. REMEMBER WHERE REFUGE IS FOUND

#### DISCUSSION QUESTIONS – Pick one or two of these to talk about as a group

1. What stood out to you most from this week's message? Why?
2. This week's message addressed the question, "What are you supposed to do when you can't do anything?" Describe a time when you felt helpless. How did you respond in that situation?
3. When you look at the five ways to navigate helplessness through prayer, which one stands out as the most challenging for you personally? Do you have any idea why that might be the most difficult for you?
4. What in your life has made you question God's love? What has made you confident of it? What do you do in order to remember God's love?
5. One of the ways to navigate helplessness through prayer is to "Surrender the Self." Is there anything that you've had to give over to God that you had in your plans but He doesn't seem to have in His?
6. What are some reasons that we can leave punishment to God? What are some other passages in the Bible that you can look to for help with this question?
7. **OPEN DISCUSSION:** Take some time to openly talk about times when you've felt helpless, how you responded and what you learned from those experiences. Then discuss what it looks like to seek God and rely on Him through prayer in times of helplessness.

**A TRUTH TO TAKE WITH YOU:** When you can see the finish line it makes the rest of your race bearable. And, for a Christian, there is no greater finish line than the presence of God.