

### Discussion Guide — My Next Trip Around the Sun

#### Main Idea

We are all suffering some type of pain or struggle. What do we do with that pain? Is there a practical guide that God offers us? For Week Three of My Next Trip Around the Sun, Pastor Matt takes us through the Prayer of Jabez to to give us a great framework for prayer while in the midst of the storm.

#### Make It Practical

## 4 Things to be Praying for in the Midst of Pain:

Pray for **BLESSING** 

Pray for **INFLUENCE** 

Pray for **HIS PRESENCE** 

Pray for HIS PROTECTION

"Jabez cried out to God of Israel, 'Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.' And God granted his request."

1 Chronicles 4:10 NIV

#### Talk About It

- 1. Discuss the thoughts you have when you think of praying for blessing. Are you comfortable with that request? Do you believe God wants to bless you? What does blessing look like to you?
- 2. We all have influence but sometimes it is difficult to see. Where do you currently have influence. Is it sometimes difficulty to see? How does it feel to ask for more?
- 3. The first two requests from the Jabez prayer can be a little intimidating. 2024 is the year of surrender at Rescue House. Why are the last two requests of Presence and Protection so important?

# "Rise above the difficulty and have something to lean on that is bigger than your pain."

## **Prayer**

Father God, help us to fully trust in You and Your Word. We surrender our hearts to You now so we aren't being led by our feelings but rather by Your Will. In the midst of pain and struggle we ask for Blessings, so that we can bless others. We pray for Influence, so that we we can pursue all that you have for our lives. We pray for Your Presence because it is too big for us to handle on our own and we pray for Protection because we know we will be attacked. It is in Your name that we make theses requests, Amen.

# **Scriptures Used**
