



## 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 difficult 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?

