

Every ROOM

Scripture and Prayer Guide

Week 5



WEEK FIVE

Sunday– Reflect

Spend a few moments reflecting on today's message.

- What stood out to you?
- What challenged or encouraged you?
- What's one thing you heard today that you want to carry into this week?

Pray: Spend a few minutes talking with Jesus about today's message. Ask Him to continue speaking to you as you spend intentional time with Him this week.

Monday– Read

John 11:32-36

- What do you notice about Jesus' response to those who are grieving?
- What does this show you about His character?
- What stands out to you about the words, "Jesus wept"?
- How does knowing that Jesus entered into their grief affect the way you think about your own pain?

Pray: Ask Jesus to meet you in whatever pain you are carrying today.

Tuesday– Examine

Psalms 13:1-2

- Is there any loss, disappointment, or hurt you haven't talked to God about yet?
- Where might you still be angry, hurt, tired, or confused?
- What questions have you been afraid to ask God?

Pray: Tell Jesus what hurts. Don't worry about making your prayer sound spiritual. Bring Him your questions, frustration, sadness, or disappointment honestly. Lay it all out on the table.

WEEK FIVE

Wednesday- Pray

Pray Slowly through **Psalm 34:17-18**

When the righteous cry for help, the Lord hears.....Pause and Pray

The Lord is near to the brokenhearted.....Pause and Pray

And saves the crushed in spirit.....Pause and Pray

Today's goal isn't to fix anything simply bring Him what you are carrying

Thursday- Respond

Romans 12:15

- Is there someone you trust, who needs to know what you're carrying?
- Is there someone hurting that might need you today?
- What would it look like to make room for someone else's grief?

Pray: Ask Jesus to give you the courage to receive support when you need it and compassion to be present with others when they hurt.

Friday- Remember

Lamentations 3:21-24

- What have you honestly been able to bring to Jesus this week?
- Where have you noticed His presence?
- Who has God used to walk with you in the midst of pain?
- Even if your circumstances haven't changed, what is one truth you want to hold on to?

Pray: Thank Jesus for meeting you where you are. Ask Him for the strength to keep trusting Him even in places that still hurt.

Saturday- Prepare

Pray: Ask God to prepare your heart for worship tomorrow. Ask Him to remove any distractions that may hinder you from hearing His voice.