



GUIDED BIBLE STUDY

Praise Through the Pain

Speaker: Cathrine Jones

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Highlighted Scripture

- **Acts 16:25 (NKJV)**

"But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them."

After being beaten and imprisoned in Philippi, Paul and Silas worshiped while their suffering continued. Their praise expressed trust in God before deliverance came. The other prisoners heard their worship, a witness to faith in the midst of suffering. We can pray and sing in hardship without treating worship as a formula for a particular outcome.

- **Habakkuk 3:17-18 (NKJV)**

"Though the fig tree may not blossom, Nor fruit be on the vines; Though the labor of the olive may fail, And the fields yield no food; Though the flock may be cut off from the fold, And there be no herd in the stalls - Yet I will rejoice in the LORD, I will joy in the God of my salvation."

Habakkuk faces the prospect of devastating loss and still chooses joy in God. His prayer follows honest questions about injustice and God's purposes for His people. His hope rests in the God who saves, even if the fields and stalls remain empty. Cathrine's testimony invites this same trust when prayer does not bring the answer we longed for.

- **Psalms 34:1 (NKJV)**

"I will bless the LORD at all times; His praise shall continually be in my mouth."

David's song remembers God's deliverance from danger and invites others to trust Him. Praise belongs in every season. Blessing the Lord can coexist with tears, questions, and the need for comfort.

- **1 Thessalonians 5:16-18 (NIV)**

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Paul calls the church to a continuing life of joy, prayer, and gratitude in Christ. Giving thanks in every circumstance does not require calling every painful event good. We can acknowledge loss while thanking God for His goodness and sustaining care.

Discussion Questions

- What does Cathrine's grief for Daisy teach you about prayer when hope meets loss?
- What could praise look like in an unresolved situation, as it did for Paul and Silas?
- Habakkuk names what could be lost and then names his hope in God. Which part of that honest prayer is hardest for you right now?
- What helps you give thanks without minimizing your own grief or someone else's pain?
- Cathrine asks whether we praise God only when times are good. What small practice could help you turn toward Him in both ordinary and difficult days?

Reflection Challenge

For the next three days, set aside five quiet minutes to bring one real burden to God. Read one of the highlighted passages, tell Him what hurts, and offer one specific expression of gratitude. Let praise be an honest response of trust, even if your feelings do not change right away.

Ask yourself:

- What loss, fear, or unanswered prayer am I carrying today?
- What truth about God's character can I hold onto in this situation?
- Am I allowing myself to grieve while also receiving encouragement and support?

Try this:

- Write a two-sentence prayer: name your burden, then name one reason you can trust God.
- Read Psalm 34:1 aloud or sing a familiar worship song, allowing room for tears and silence.
- Record one gift or act of kindness each day and thank God for it.
- Ask a trusted believer to pray with you, or offer a listening ear to someone who is hurting.

Remember

- God remains worthy of praise when life is painful.
- Faithful praise and honest grief can belong in the same prayer.
- Our hope rests in God, even when circumstances remain unresolved.
- Gratitude in hardship does not mean pretending that loss is good.
- Praise can renew our attention to God's goodness without requiring immediate emotional relief.

Prayer

Heavenly Father,

You know our losses and the answers we hoped for. Help us bring You sorrow honestly, remember Your goodness, and give thanks without hiding our pain. Strengthen our trust while we wait. Make us gentle companions to others who grieve. May our praise grow from knowing who You are.

In Jesus' name, Amen.