

PRAYING THROUGH PAIN

Conversations With God Message Series Week 3

Psalm 13

Pastor David Ellis
January 11, 2026

How do you pray when you're hurting and suffering?

- Lament

Four actions to bring:

1. Bring ourselves to pray.
2. Bring our honest self.
3. Bring humility.
4. Bring ourselves back to faith.

Resources:

- Book of Job
- Psalm 13
- *Dark Clouds, Deep Mercy: Discovering the Grace of Lament* by Mark Vroegop
- GriefShare (register at cbcпа.org/griefshare by January 27)

Communion

What is it?

Communion is a visible representation of the Good News of the death of Christ for our sins. It reminds us of Christ's death and the glorious hope of His return. The bread and wine symbolize Christ's Body and blood.

Who can participate?

All who have received Jesus Christ by trusting in Him alone for forgiveness of their sins are welcome to participate, regardless of church affiliation.

The ABCs of receiving Christ as your Savior:

Admit you are a sinner and deserve God's judgment.

(Romans 3:23, 6:23)

Believe that Jesus Christ, through His death (and resurrection), paid the penalty for your sin, so that you can be forgiven and have a relationship with Him now and forever. (Romans 5:8, 10:9-10)

Confess that Jesus is your Lord and Savior. (Romans 10:9-10)

How will we be served?

Ushers will serve you both the bread and cup while you are seated. Wait to partake of the bread and juice until you are directed to do so.

