



## Prayer Series - Session 4: Challenges of Prayer

**\*{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

### Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: *Psalm 139:1-16*

After the Reading Conclude with this prayer:

*Heavenly Father, we ask that You give us the clarity that we need to understand the purpose of the distractions we may have in prayer. May we recognize when these distractions are from You and what we need to learn from them. Allow us to open our hearts to Your love, especially in those places we are most wounded. Help us to remember that You know and want the best for us. Please give us the strength to endure as we try to hear You. We ask this all in Your Holy name. Amen.*

### Reflection or Discussion Question:

1. In Psalm 139:7 we hear that there is nowhere we can flee from God. Do you think/feel you can hide from God? How about in prayer? Have you ever tried to hide things from God in prayer or push Him away?

{Let your group know that you will be watching two short videos today.}

### YouTube Video:

Fr. Mark Toups – Question 7 (5:54 Min) – <https://www.youtube.com/watch?v=MWKh7B4Kn0I>

Fr. Mark Toups – When I Don't See God (2:22 Min) – <https://youtu.be/MZYixwocQZ0?t=1>

### Reflection or Discussion Questions:

2. What are some of the challenges or distractions you have when trying to pray?
3. What were things that have popped up repeatedly in your life and prayers that might have seemed like challenges or distractions but may have been an invitation to work through something with God?
4. How did you respond to those challenges or distractions at the time? How might you respond to a similar challenge or distraction after viewing the video?
5. Have there been times when you were able to realize those challenges or distractions were messages from God?
6. Were there times in prayer where you felt like God wasn't answering you or you didn't feel Him? How did you react to that?
7. After watching the video, is there anything new you will try to incorporate into your prayer time?

### Session Challenge:

Listen for God's message amidst the distractions. Examine the distractions you experience while trying to pray. Try to understand what it is God is telling you by allowing those distractions in your life.

**Closing Prayer:** (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

*Heavenly Father, help us to hear Your voice. Also, help us to recognize those times where Your silence is what is best for us. Help us to be patient with You and with ourselves as we discover our heart's longings and true desires. Encourage us to always remember Your love for us. In your loving name, Amen.*