

Sermon notes – Sunday 18th November Crying out to God

It is safe to say that at different times in our life we may well have faced or are facing problems and difficulties caused by a variety of factors and David was no exception and the psalms of lament are the cry of individuals or nations, crying out to God in times of great difficulties and distress

- Share together how at this present time you are feeling?

Read Psalm 31

- First go through psalm 31 and identify from David's confession / declarations concerning God phrases that David uses that help to sum up how you feel about God, your relationship with God?
- Secondly go through the psalm again only this time ask yourself if there is within David's cry to God any phrases that you can identify with, that you can make your own

It was David's faith in God that enabled him to cry out to God in such a heartfelt, open and honest way. We have the privilege of a greater revelation of God than David ever had, through Jesus' life here on earth and his death and resurrection

- What part, if any does your faith in Jesus play in enabling you to cry out to God in times of need?
- Do you find you are able to be honest and open with God about your feelings and situation, or for whatever reason - for example you don't feel God will understand - you try to cover up your true feelings and emotions?

It can take faith to go on trusting, to go on crying, pouring out our hearts to God when everything seems to be saying don't - when we are going through the valley experiences, when we are struggling and hurting, and we don't experience any apparent answer to our prayers

- How do you find the spiritual resources to keep going when everything seems to be saying don't or when there are no quick answers to our prayers?

Having shared so much together, now spend some time praying sensitively for one another and others you know of who are struggling, remembering that our God is a big God – if it will help use some of the phrases from psalm 31 or other passages of scripture that come to mind

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