

Lay it All Down | Week 4

Introduction

God is not offended by your honesty. In fact, He encourages it. Honest prayer means naming what you feel, saying what you want, submitting to God, and staying present. This vulnerability creates intimacy, healing, alignment, and peace.

Conversation Starters (10 minutes)

- Share a time you wanted to say something to someone, but were too nervous to do it.
- How has your prayer time been going? Have you applied anything new from this series?

Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

[Watch the Video](#) (5 minutes)

- Prepare to watch the video by opening your Bible to [Psalm 13](#).

Group Discussion (45 minutes)

Starter Question from the Video:

1. When have you felt most honest and real in your prayers with God?

Scripture Observation:

2. Read [Psalm 142:1-2](#). What does the psalmist do with his trouble, and how does he describe bringing it to God?

Scripture Interpretation/Discussion:

3. Why do you think God includes prayers of complaint, anger, and struggle in the Bible alongside prayers of praise?
4. What barriers prevent us from being authentic in our prayers, and how does that affect our relationship with God?

Personal Application:

5. Honest prayer requires naming what you truly feel. What is one honest thing you need to lay down before God right now?
6. How can our group create a space where we feel safe praying together authentically?

For Further Exploration (Optional):

Re-read [Psalm 13](#). Notice how the psalmist moves from complaint to trust. What does this teach us about the journey of authentic prayer?

Prayer (5 minutes)

Close your group time in prayer. You can use these words or your own:

"God, thank You for inviting us to be real with You. Help us stop performing and start being honest. Teach us to bring our whole selves into Your presence. Thank you for the gift of a relationship with you. In Jesus' Name, Amen."

Practices to Help You Grow This Week

- Read one Psalm daily and notice the different types of prayers
- Write or pray one honest prayer about something you've been hesitant to bring to God
- Practice honest prayer using the four steps: name what you feel, say what you want, submit and trust, stay present.

Announcements

- Have you said Yes to Jesus? Your next step is to get baptized! Baptisms are February 21/22. Find more information and register at [baptism.sv.cc](#).
- Upcoming Opportunity to Make an Eternal Impact on the Next Generation: Summer Camps! Here's how to join us:

All Camp Volunteer Interest Meeting

When: Sun., Feb 22nd from 2-3pm

Location: Sun Valley Gilbert campus

Who should attend: If you have never served within summer camp before, but have a heart to help our youth meet, know, & follow Jesus. There are opportunities to serve AT camp(s) or help with camps in a behind the scenes capacity. Come get more info on how your gifts or talents can utilized for summer camp. Find camp dates and opportunities at [camp.sv.cc](#).

Do I register for the Volunteer Interest Meeting? Nope! Just show up. We can't wait to share this opportunity with you!

Questions? Email Amy Nativio at anativio@sunvalleycc.com