



Part 3: When Life Hurts

August 16, 2026



CONVERSATION GUIDE



SMALL GROUPS

Throughout *“Because You Prayed”*, we have learned to approach God with confidence and to ask, believing that He listens. But prayer also has an important place when the answers we hoped for do not come and life hurts. In those moments, we can talk to God honestly about what we are going through, trusting that His goodness does not change when our circumstances are difficult.

In *Psalm 42:1-3, 5*, the psalmist openly expresses his deep sadness. He does not hide his tears or pretend that everything is fine, but he also does not allow his pain to have the final word. In the midst of his discouragement, he speaks to his own soul and chooses to put his hope in God again. This passage teaches us that faith does not require us to deny what we feel; it allows us to bring our pain before God while affirming that He remains worthy of our hope.

As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God? My tears have been my food day and night, while people say to me all day long, “Where is your God?” Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 42:1-3, 5 (NIV)



LET'S TALK ABOUT IT

1. In *Psalm 42*, the psalmist acknowledges his sadness while also placing his hope in God. What does this teach you about how pain and faith can coexist?

2. Let's read **Lamentations 3:22-23**. How has remembering God's character shaped the way you walk through difficult times, even when the situation does not change?
3. When life hurts, what tends to make it harder for you to trust in God's goodness?

God is still good, even when life sometimes isn't.



MAKE IT PRACTICAL

When life hurts, we can learn to:

1. **Pour out our pain before God.** Set aside a few minutes this week to honestly tell God what is hurting or worrying you. Do not try to find the perfect words; openly express what you are going through.
2. **Preach the truth to our souls.** Identify a thought that is being fueled by pain and write next to it a truth about God that you need to remember. Read it again whenever that thought comes up during the week.
3. **Remember what God has already done.** Make a list of three moments when you have seen God's faithfulness in your life. Keep it somewhere visible and use it to remember that a difficult season does not erase what He has already done.



PRAYER

"God, thank You that we can come to You honestly even when life hurts. We recognize that Your faithfulness does not depend on our circumstances or on how we feel. We want to pour out our hearts before You, remember Your truth, and keep our hope in who You are. This week, teach us to trust Your goodness one day at a time. Amen."



TIPS

- Someone who prays through pain does not need to pretend to be strong; they learn to be honest with God without allowing their emotions to be the only thing that determines what they believe.
- This week, do not pressure yourself to resolve every question. Focus on bringing God what you are going through today and trusting Him with the next step.
- Prayer often does not change your circumstances, but it changes what you believe about God in the midst of them. A consistent life of prayer builds a trust that can remain steady even through difficult seasons.



CHURCH DEVOTIONAL

21 Days of Prayer

bridgecitymd.com/en/wp-content/uploads/2026/07/Because-You-Prayed_21-Days-Devotional.pdf

