

LIFE Group Guide

How to Pray When You Are In Distress

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Psalm 31

August 3, 2025



THE ORCHARD

Sermon Outline

Causes of Distress

1. Broken Relationships
2. Remaining Sin

How to pray when you are in distress

1. Remember that God knows your distress
2. Commit yourself into the hand of God
3. Anticipate what God has in store
4. Trust God to deliver you

Memory Verse:

"Love the Lord, all you his saints! The Lord preserves the faithful but abundantly repays the one who acts in pride. Be strong, and let your heart take courage, all you who wait for the Lord!" (Psalm 31:23-24)

1. REVIEW

Have the group share about how they applied last week's sermon.

- o "You said you would _____. How did that go?"
- o "What did God do in your life this week through your obedience?"

2. R.E.C.A.P. – Read, Engage, Connect, Apply, Pray

Read the Word

- **Main Question:** What is the passage from this week's sermon?

Engage the Word

- **Main Question:** What was something in this passage that stood out to you?
- Optional Follow-up Questions:
 - How did the Holy Spirit speak to you through the passage?
 - What other Bible verses came to your mind that speak into this passage?
 - What does this passage reveal about God? About mankind?
 - In your own words, how would you summarize the passage?
 - Is there anything you didn't understand?
- **Main Question:** How does this passage point to or reflect Jesus Christ?
- Optional Follow-up Questions:
 - Does Jesus fulfill something in this passage?
 - Is there a problem in this passage that Jesus has overcome?
 - How does Jesus bring future hope to this passage?

Connect the Word:

- **Main Question:** How does this passage connect to our lives right now?
- Optional Follow-up Questions:
 - Is there something in this passage that is similar or different from what we are experiencing?
 - How does this passage connect to your personal life circumstances?
 - How does this passage connect to our life as the church?
 - How does this passage connect to our lost world?

Apply the Word:

- **Main Question:** Is there a promise for you to believe, a command to obey, a warning to heed, an example to follow, or a sin to confess?
- Optional Follow-up Questions:
 - In one or two sentences, what is the next practical step(s) you will take going forward this week?
 - What truth about God and His gospel will motivate your application this week?
 - How can we as a LIFE Group help you, root for you, or hold you accountable?

Pray the Word:

- **Main Question:** Ask God for the power to comprehend and obey all that He has revealed in His preached Word this week.
- Optional Follow-up Questions:
 - What did we learn in this passage that makes us want to praise and thank God?
 - What sin in this passage do we need to confess to God?
 - What help or hope in this passage do we need to ask of God?

3. RESOLVE

After you close in prayer, take some time to solidify your group's plan for application of the Word and prayer for each other throughout the week ahead.