



Messy Prayers, Week 1

Scripture: Psalm 13; Mark 4:35–41

Main Idea: God can handle your honesty.

Opening Question

- When you were younger, did you ever feel like there was a “right way” to pray? What did that look like?

Discussion Questions

1. **The Complaint (vv. 1–2)**
 - Why do you think God preserved such raw and even “messy” prayers in Scripture?
 - Have you ever felt like God was silent or absent? How did you express that to Him?
2. **The Plea (vv. 3–4)**
 - What does it mean to put our struggles “in God’s hands” instead of carrying them ourselves?
3. **The Trust (vv. 5–6)**
 - How does David move from despair to trust, even though his circumstances haven’t changed?
 - Share a time when prayer shifted your perspective, even before your situation improved.
4. **Messy Prayers and Us**
 - Why is honesty with God so important in prayer?
 - What keeps us from being fully honest with Him? Fear? Shame? Habit?

Application

- This week, practice praying an *honest, unfiltered prayer*. Don’t polish it—just pour it out.
- Consider journaling your own prayers this week.
- Is there one “messy” area of life where you need God’s presence.
- Pray honestly, casting your cares on Him (1 Peter 5:7).