

Reflect

If you're facing doubts or questions about your faith or have in the past, how do you process them? Do you journal, pray, talk to Church elders or friends?

In the above Scripture passage, Jesus is sharing His emotions and desires in His prayers to God. In the end He says, "yet, not my will but yours be done". Despite all that He is feeling, Jesus surrendered His will to God and trusted Him with the outcome. If you've prayed a prayer like this, what did that look like for you? What was it that you were praying for?

In this podcast, Anna Laura refers to "safe people" in her life who she was able to talk honestly with as she was facing doubts and questions about her faith. Who are those safe people for you in your life? If you're struggling to think of some, where might you be able to seek them out?

Pray

God, thank You for Your patience with me when I try to do things my way. I am grateful that Your plan is always far better than my own. Even still, it can be hard to open my hands, let go of control, and let Your will be done. Lord, help me today to surrender to You just as Jesus did. Though it's not easy, I trust that You hold me within Your perfect care.

More to Explore

If you are struggling with feelings of doubt and disappointment with God, Psalm 77 has something to say to you. The psalmist Asaph was moved from near despair to a deep confirmation of faith simply by changing his perspective. God designed prayer as an instrument to create intimacy between Him and us. When we stop focusing on ourselves and our circumstances and start focusing on God, things change. *Why Doesn't God Answer Me?* takes you step-by-step through Asaph's psalm to remember the mighty acts of God and to confirm that He is great and worthy of our trust.



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