



## Study Guide, Episode 114—How to Bring Struggles to God in Prayer

*Enos-Words of Mormon*

00:00-07:53	"QOTW: How can I cope with life's struggles, with God, in prayer?"
07:54-16:41	"Wrestle/struggle <i>before</i> God, not <i>with</i> God"
16:42-29:58	"How to 'Cry unto your Maker' in <i>powerful</i> prayer, daily, moment by moment"
29:59-43:16	"How to wrestle with sin, sorrow, grief, guilt, time, mortality, forgiveness"
43:17-END	"Wrestle in prayer, ask, receive, and use His grace; Then, wrestle for others's souls"

- 1) When you're struggling in life, what do you feel, notice, think, observe, experience? Remember times when you struggled in any or all of the following ways: physically, mentally, emotionally, socially, spiritually. Spend some time pondering what these experiences were like, how you coped, and how it helped or didn't help.
- 2) When you imagine the "tools" you use to help you through life's challenges, which come to mind most? Which help the most? Which do you maybe need to work on, strengthen, or improve? Which do not help or even get in the way?
- 3) Have you ever "cried all day long and all night long"? Have you ever prayed for hours? An hour? 30 minutes? What was this experience like for you. Remember and write about it in your journal. Perhaps, set a goal to pray powerfully for a longer amount of time than usual. What do you want to say? Which struggles do you feel need to be brought before God?
- 4) What's the difference, in your mind, between wrestling *with*, versus wrestling *before* God? What does it feel like to wrestle or struggle *before* God? *With* His help and guidance? To even bring your doubts, fears, and questions unto Him? Spend some time pondering, or even bringing your struggles to God today. Discuss with your family or a close friend this week.
- 5) What are other places/people where you feel safe "wrestling with yourself"? Trying to cope and deal with life's struggles, receive love and guidance? List these, and remember that even with these supports, we need to also come unto Him.
- 6) What is one way you can make your prayers more powerful, heartfelt, connected this week? Set a goal to work on this and write about this in your journal.

### Resources

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