

Unpacking the Preach

Date: 27th March 2022
Sermon Title: A good prayer for a bad day
Bible Passage: Hebrews 13: 20 - 21

Introduction

Take time to read the passage from a couple of different translations.

- If you are able the overview of the Book of Hebrews from the [Bible Project](#).
- What stood out to you from this prayer of blessing?
- Compare this prayer to Paul's prayers in Romans 15:5-6 and Romans 15:13. What are the differences and similarities?

Recapping the Preach

We all have bad days, not stuck in traffic, late for work bad days, but really bad days - difficult seasons that we go through. The recipients of this letter were experiencing a lot of challenges (bad days) resulting in some were being falling away from the faith and so the letter is an encouragement to remain steadfast in faith.

- 'Water always moves along the path of least resistance' and people can sometimes chose the same approach to facing difficulty. Why do you think this is?
- Stu said 'bad days provide us with an opportunity to grow in faith'. Would you agree disagree?

Stu went on to mention that the prayer is a good one because it moves us in two positive directions rather than exploring a route of escapism. First it reminds us of the God to whom we pray.

- Vs.20 uses four phrases which tell us about the character and nature of God - what are these?
- How do these four aspects of God's character and nature sustain us on our bad days?
- Which of these four speaks to you most deeply at the moment?
- Read Philippians 4:4-7: have you ever experienced / followed Paul's advice here?

Second it is a prayer asking God, not for escape from trouble, but for equipping and for working in us what we need in order that in the midst of a bad day we may still do God's will and what is pleasing to Him. Stu suggested that, from reviewing the letter, it would be a prayer for faith, hope and love in the midst of trial.

- What do you think the writer is asking that the readers be equipped with?
- What do you think he means for God to work in us?
- When you face challenges, do you primarily ask God for rescue or for equipping in the trial?
- When you face bad days, what are the things you ask God to equip you with?

Stu concluded that our remaining full of faith, hope and love on our bad days brings glory to God both as we witness to others but also on the last day when we see the Lord face to face.

- Read 1 Peter 3:15b - how can you live this verse out next week on your frontline

Response

- Is there anything from the preach and passage that you will be taking away to reflect on or work on?
- Who can you pray this prayer for this week?

Prayer pointers

- Take time to share prayer requests and pray for one another.

Additional resources:

If you need some additional resources the below websites are useful:

- <https://www.gotquestions.org>
- <https://enduringword.com>
- <https://www.biblica.com>
- <https://biblehub.com/commentaries/>