

# Maundy Thursday: How?

## The Prayer Course II: Unanswered Prayer - Week

### 2:

#### Watch the film - Session 2

<https://youtu.be/RLEHhc1zNTI>

35m17s

#### Here are some discussion questions:

- Q. What did you find most helpful, inspiring or challenging in what Pete Greig, Gemma Hunt and Simon Thomas shared?
- Q. In the Garden of Gethsemane, Jesus shares with his friends that “[His] soul is overwhelmed to the point of death” – what are the barriers or obstacles you face when sharing honestly or openly with friends? Would anyone be willing to share about a time in which their soul felt ‘overwhelmed’?
- Q. What happens to your prayer life when you are feeling overwhelmed or upset? What do you notice that you do differently?
- Q. Pete Greig says, “God does not leave us to suffer alone” – is this something that you have experienced? Where has God met you in your suffering?
- Q. Do you think that it’s possible for everyone to find a purpose in – or in spite of – their pain?
- Q. Pete Greig talks about the holocaust survivor Viktor Frankl and the importance of finding some kind of purpose in spite of our pain.

**Take a minute** or two in the silence to reflect on an area of suffering you have experienced, consider ways in which you have been able to find – or might be able to find – some kind of purpose in it or in spite of it.

Would anyone be willing to share a purpose they can see in something they have suffered?

- Q. Simon in his interview shares about his honest – often angry – prayers to God. What are the things that make it hard to be truly emotionally honest with God?
- Q. How might we as a group do more to invest in one another during struggles and trials? Are there practical steps that need to be taken to support one another more?

Next week’s session will explore Good Friday and some of the biggest questions we face in pain and suffering: “Why does God permit suffering?” “Why does sometimes seem so far away?” “Why do my deepest prayers remain unanswered?” To prepare for that, and to get the most out of the session, read chapters 7-10 of God on Mute. This is also available as an audiobook if you find that easier.

## **Closing prayer**

*Lord,  
help me to stand today.  
Temptations and trials abound.  
When life hurts,  
I get confused, dishonest, suspicious, and critical.  
I put on the belt of truth.  
When life hurts,  
my relationships suffer—especially my relationship with You. I put on the breastplate  
of righteousness.  
When life hurts,  
I either get really lazy or I make myself really busy.  
I put on the shoes of the gospel.  
When life hurts,  
I let down my guard and leave myself exposed.  
I take up the shield of faith.  
When life hurts,  
my thinking gets negative and I question everything.  
I put on the helmet of salvation.  
When life hurts,  
I'm a coward.  
I take hold of the sword of the Word.  
Lord, it doesn't feel very "finished" down here.  
I don't feel very "finished".  
See me kneeling.  
Help me stand.*

– taken from *God on Mute*, by Pete Greig, chapter 10

## **Further resources & reflection**

### **Journaling question**

Where is God inviting me to meet Him in my pain, this week?

### **Daily devotions**

At the back of the book that accompanies this course - *God on Mute* - you will find "God UnMute" – a forty day devotional journey. The daily content can help you process and pray at a much deeper level.

### **Reflect on...**

Take time to pause and reflect on *The Isenheim Altarpiece*, by Matthias Grünewald, which Pete Greig talked about in the session. (available online at <https://www.wikiart.org/en/matthias-grunewald/the-isenheim-altarpiece-1516>)

### **Books**

*Life Interrupted*, Simon Thomas

*Man's Search for Meaning*, Victor Frankl

*God on Mute*, Pete Greig