

Read Psalm 86:1-17

1. Discuss the prayer calendar challenge. How will you engage the challenge to pray daily with someone (friend, spouse, family)?
2. Read Psalm 86 out loud, each person taking 1-2 verses.
  - a. What title would you give this Psalm?
  - b. Review the three parts of the Psalm.
  - c. What do you learn about David?
  - d. What do you learn about the Lord?
3. Why do you think it can be difficult to pour out our hearts to the Lord like David did in Psalm 86?
4. What specifically does David ask for in verses 1-7, 11 and 16-17? How do these requests differ from your normal requests?
5. How can “painting a picture” of the Lord help us when we pray (e.g., recall who He is and what He has done in the past)?
6. How often do you pray as one who is poor and needy? How might this posture bring us closer to the Lord? (see Matt. 5:3)
7. As honestly as you can, describe the reality of a struggle you are praying about. What would a prayer of faith look like to strengthen you as you face that problem?
8. The big idea of the sermon is that we can fervently petition our great God for help in our personal lives. Take time to consider the 1-2 things you are desperate for God to do that only God can do in your life. Share these prayer requests together and use Ps. 86 as an example for your group prayer time.

I. \_\_\_\_\_ out your heart to the God who hears

Psalm 86:1-7  
Exodus 34:6-7

II. \_\_\_\_\_ a picture of the God you know

Psalm 86:8-13  
Isaiah 44:6:8  
Psalm 86:14-17

III. \_\_\_\_\_ your reality in strength of your God

Psalm 86:14-17