

# Believing God

Sometimes in our pain, battles and trials we can begin to doubt God because we don't see or feel Him working in our lives. As God's sons and daughters, we need to be honest with our Heavenly Father about our doubts and ask God to help us believe Him, especially when we don't feel or see Him working.

Let's begin ABIDE by taking a moment to pray and surrender our hearts fully to God.

(If you are leading a small group through ABIDE, pray the next prayer over those you are leading).

**Prayer:** God, I bring my heart to you. I surrender my heart, emotions, thoughts, doubts and fears to you. I surrender control of my life to you. Help me to let go and trust you. In Jesus' Name, Amen.

## Prayers of Praise and Thanksgiving

*"For everything was created by him, in heaven and on earth, the visible and the invisible, whether thrones or dominions or rulers or authorities – all things have been created through him and for him. He is before all things, and by him all things hold together." (Colossians 1:16-17).*

**Prayer:** Father God, you created everything. I praise you for creating \_\_\_\_\_  
(fill in the blank with something God has created that you take joy in).

Scripture tells us that God holds all things together. What are you grateful for in your life that God is holding together?

**Prayer:** Lord, thank you that right now, you are holding \_\_\_\_\_  
(fill in the blank with whatever pain, battles and trials in your life that God is holding in His hands).

## Prayers for Our Hearts

*"He said to them, "Why are you afraid, you of little faith?" Then he got up and rebuked the winds and the sea, and there was a great calm." (Matthew 8:26)*



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What pain, battles, or trials are you or your family walking through that is creating doubt and fear? Let's bring our hearts to God in prayer and ask Him to help us believe that He is faithful and is holding our lives, including our pain, battles, and trials, in His hands.

**Prayer:** God, help me to believe and have faith that you are holding \_\_\_\_\_  
(fill in the blank with whatever pain, battle or trial you are walking through in your life or family)  
in your hands and you are faithful, in control and working in my life.

## Prayers for Others

*Jesus replied to them, "Have faith in God." (Mark 11:22)*

**Prayer:** Let's pray for those we know and love who are walking through pain or might be struggling to believe God and His promises for their lives.

God, we trust you with \_\_\_\_\_ (name someone who needs to be lifted to the Lord).  
Help him/her to trust you and believe in you, your power and your promises.

## Closing Prayer

God, thank you that you give us faith when we struggle with unbelief. Help us to believe you and to trust you with our whole hearts. Heal our hearts from the pain of unbelief and doubt. Strengthen us by your Spirit to walk in faith and in your truth. In Jesus' Name, Amen.



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