

# NEXT RIGHT STEP



## Week #4: Toward Renewal

Psalms 143 (NLT)

- 1 *Hear my prayer, O Lord;  
listen to my plea!  
Answer me because you are faithful and righteous.*
- 2 *Don't put your servant on trial,  
for no one is innocent before you.*
- 3 *My enemy has chased me.  
He has knocked me to the ground  
and forces me to live in darkness like those in the grave.*
- 4 *I am losing all hope;  
I am paralyzed with fear.*
- 5 *I remember the days of old.  
I ponder all your great works  
and think about what you have done.*
- 6 *I lift my hands to you in prayer.  
I thirst for you as parched land thirsts for rain.*
- 7 *Come quickly, Lord, and answer me,  
for my depression deepens.  
Don't turn away from me,  
or I will die.*
- 8 ***Let me hear of your unfailing love each morning,  
for I am trusting you.  
Show me where to walk,  
for I give myself to you.***
- 9 *Rescue me from my enemies, Lord;  
I run to you to hide me.*
- 10 *Teach me to do your will,  
for you are my God.*

*May your gracious Spirit lead me forward  
on a firm footing.*

11 *For the glory of your name, O Lord, preserve my life.*

*Because of your faithfulness, bring me out of this distress.*

12 *In your unfailing love, silence all my enemies*

*and destroy all my foes,*

*for I am your servant.*

### **How to Pray and Live in Difficult Times:**

- Pray with \_\_\_\_\_. (v7)
- Pray for \_\_\_\_\_ with a posture of \_\_\_\_\_. (v8)
- Pray for \_\_\_\_\_ with a posture of \_\_\_\_\_. (v8)
- Pray for \_\_\_\_\_ with a posture of \_\_\_\_\_. (v9)
- Pray for \_\_\_\_\_ and \_\_\_\_\_. (v10)
- Pray for God to \_\_\_\_\_ for his \_\_\_\_\_. (v11-12)

### **Discussion Questions**

1. In times of difficulty, how can you authentically express your desperation to God? What might be preventing you from crying out to God?
2. How do trust and surrender influence your ability to hear God's direction? What practical steps can you take to align your heart to his will?
3. Are there areas in your life where you are trying to rescue yourself rather than depending on God? What might change if you fully rely on him?

### **Recommended Resources**

- [How to Pray: A Simple Guide For Normal People, by Peter Greig](#)
- [Pray First: The Transformative Power of a Life Built on Prayer, by Chris Hodges](#)
- [Praying Like Monks, Living Like Fools, by Tyler Stanton](#)
- [Breath as Prayer, by Jennifer Tucker and Ann Voskamp](#)

(NLT) New Living Translation

**Week #4: Toward Renewal - FILL**

Psalm 143 (NLT)

**A psalm of David**

- 1 *Hear my prayer, O Lord;  
listen to my plea!  
Answer me because you are faithful and righteous.*
- 2 *Don't put your servant on trial,  
for no one is innocent before you.*
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He has knocked me to the ground  
and forces me to live in darkness like those in the grave.*
- 4 *I am losing all hope;  
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- 5 *I remember the days of old.  
I ponder all your great works  
and think about what you have done.*
- 6 *I lift my hands to you in prayer.  
I thirst for you as parched land thirsts for rain. Interlude*
  
- 7 *Come quickly, Lord, and answer me,  
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- 8 ***Let me hear of your unfailing love each morning,  
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Because of your faithfulness, bring me out of this distress.*
- 12 *In your unfailing love, silence all my enemies  
and destroy all my foes,  
for I am your servant.*

**How to Pray and Live in Difficult Times:**

- Pray with desperation. (v7)
- Pray for renewal with a posture of trust. (v8)
- Pray for direction with a posture of surrender. (v8)
- Pray for rescue with a posture of dependance. (v9)
- Pray for obedience and stability. (v10)
- Pray for God to turn it around for his glory. (v11-12)

### Discussion Questions

1. In times of difficulty, how can you authentically express your desperation to God? What might be preventing you from crying out to God?
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