

## **Nuts and Bolts - How to Pray When I'm in Trouble**

### **1/11/26**

#### **Bible References:**

James 5:13-16  
2 Chronicles 20:3-17  
Mark 14:32-36

#### **Nuts and bolts of prayer illustrated by Jehoshaphat:**

#### **Reflection Questions:**

1. Read James 5:13-16.
2. What are some of the troubles that you've prayed about in the past or are facing now?
3. Read 2 Chronicles 20:3-17.
4. What troubles was Jehoshaphat facing?
5. What were the three nuts and bolts of prayer that Jehoshaphat exemplified as he prayed?
6. Why are each of them important?
7. Do you struggle with any of these three? If so which one(s) and why?
8. Read Mark 14:32-36.
9. What trouble was Jesus facing?
10. What nut and bolt prayer does Jesus add?
11. What reasons for God not always saying "yes" did we discuss Sunday? Do you have an example of one of these from your life?
12. Are there any that we missed Sunday?
13. Is there trouble that you're facing now that you are struggling to entrust yourself to God with?

#### **Nuts and bolts of prayer illustrated by Jesus:**