



# What a Friend

Take it to the Lord in Prayer

## WEEK 3 - VERSE 3: ARE WE WEAK AND HEAVY LADEN?

### OVERVIEW

*"Are we weak and heavy laden? Cumbered with a load of care? Precious Savior still our refuge, take it to the Lord in prayer! Do thy friends despise, forsake thee? Take it to the Lord in prayer. In His arms He'll take and shield thee. Thou wilt find a solace there!"*

Many among us are carrying heavy burdens. Like Scriven, even as we bear the weight of our own suffering, we are also tasked with helping to shoulder the burdens of others. How can we manage to hold it all together? The answer: take it to the Lord in prayer! God is referenced all over the Bible as our refuge and strong tower. Prayer is our key to the doorway of the 'secret place of the Most High' where we find shelter, and rest, and renewal!

*God is our refuge and strength, always ready to help in times of trouble.*

**Psalm 46:1**

*Hear me as I pray, O LORD. Be merciful and answer me!*

*My heart has heard you say, "Come and talk with me."*

*And my heart responds, "LORD, I am coming."*

**Psalm 27:7-8**

### DISCUSSION QUESTIONS

1. What praise and worship song do you find yourself singing often? Why that particular song?
2. Why do you think "Take it to the LORD in Prayer" has remained a universally beloved hymn for so many years?
3. Read [Mark 9:14-29](#).
  - a. Why does Jesus ask questions if he may already know the answer? ([verse 16](#))
  - b. Has Jesus asked you questions? If so, share an example.
  - c. Describe the father's belief.
  - d. Would you consider asking Jesus for something in person (when he was here on earth) a prayer?
  - e. Why couldn't the disciples cast out the spirit, but Jesus could?
  - f. What can we learn about prayer from this passage?
4. What does it mean to "exchange your thoughts for prayers"? Why would you do that?
5. Are your prayers truthful, authentic, and vulnerable? What does that mean to you?
6. What is something you have learned about prayer that may help others with their prayers?