

## **Food for Thought for the week of June 7/8, 2025**

Hebrews 11:6, John 21:24-25, 20:30-31, Heb.13:8, Rev. 21:4, Mark 9:14-29,  
John 6:28-29, John 16:23, 27-28, Luke 4:17-21

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This weekend, Pastor Dan challenged us to ask God to help our unbelief when we feel our prayers have not been answered. He reminded us that Jesus still heals, physically, emotionally, relationally, financially, and spiritually. List below, what areas your faith may be weak in.

1. Sometimes in the middle of a storm, it can feel like we are all alone. In the Psalms, King David shows us how to have an open, authentic relationship with God. Let's read Psalm 31 this week and see what we can learn. In each section below, write down a few things: 1) David's tone or heart posture, 2) What is David saying or asking, 3) What God is showing you and 4) How David's prayer relates to your life.

A. Psalm 31:1-5

B. Psalm 31:6-8

C. Psalm 31:9-13

D. Psalm 31:14-18

E. Psalm 31: 19-20

F. Psalm 31:21-22

G. Psalm 31:23-24

Reread Mark 9:23-24. When our faith is weak, because we are not getting the answers we want or need, like David, we just need to keep talking to God. He is the one who will strengthen our faith. Look back at the first question and write a prayer to God like David's. Commit to praying this prayer each day this week.