

# **The Pray More Lent Retreat Study Guide**

## **Dealing with Unanswered Prayers with Emily Stimpson-Chapman**

### **Reflective Questions**

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.” Matthew 7:7

1. Emily admits that it is often very hard for us to make sense of unanswered prayers in our own lives and in the lives of others. What unanswered prayers have you struggled with most in your life or in the lives of those whom you love?
2. Many people explain unanswered prayers by noting that we often ask God for things that aren't truly good for us. Have you ever experienced a realization that what you'd been asking for would not have been good for you? Have you ever had a prayer answered in a way you weren't expecting?
3. Feeling as if God is not responding to our deepest longings and needs can be a source of great suffering for us. How can you make use of the sufferings caused by your unanswered prayers, to become more closely united to the suffering Christ?
4. As we ask God to answer our prayers over and over again, He often works in our hearts to help us grow closer to Him and become more submissive to His will. How can you work to grow in your desire to truly mean the words, “Not my will, but Yours”?