

Prayer Time: With us in our suffering

Estimated Time: 10 - 15 minutes

Opening Prayer:

Begin in prayer. Maybe take a moments quiet pause to engage with the presence of God. If you have a candle, you may want to light it as a reminder that Jesus, the light of the world, is present.



Video: Derek Redmond 1992

<https://www.youtube.com/watch?v=kZIXWp6vFdE>

Discussion:

1. What was the story of the video?
2. How did Derek Redmond react when he got injured?
3. Why did his father break through the security to come on to the track?
4. How does the image of the father supporting the son in this race help us understand how God walks with us through our pain?

Scripture Passage: Psalm 23:4

'Even though I walk through the darkest valley, I will fear no evil for you are with me and your rod and staff they comfort me'.

1. What is the setting for this verse?
2. Why does the psalmist find reason for hope?
3. Why does it make a difference to know that God is with us in our struggles?

Footprints Reflection:

One night I dreamed a dream. As I was walking along the beach with my Lord, across the dark sky flashed scenes from my life. For each scene, I noticed two sets of footprints in the sand, one belonging to me and one to my Lord.

After the last scene of my life flashed before me, I looked back at the footprints in the sand. I noticed that at many times along the path of my life, especially at the very lowest and saddest times, there was only one set of footprints.

This really troubled me, so I asked the Lord about it. "Lord, you said once I decided to follow you, you'd walk with me all the way. But I noticed that during the saddest and most troublesome times of my life, there was only one set of footprints. I don't understand why, when I needed You the most, you would leave me."

He whispered, "My precious child, I love you and will never leave you, never, ever, during your trials and testings. When you saw only one set of footprints, it was then that I carried you."

Prayer:

Go round your group and ask everyone what struggles they are facing at this moment in time. Make time to pray for each member of your group