



HONEST to GOD

praying through the Psalms

Name: _____

Participant Guide Winter 2026



MACOMB
CHRISTIAN CHURCH

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LETTER FROM KURT

Have you ever found yourself at a loss for words when you try to pray? While prayer should be an honest conversation with God, it is common to feel as though your prayers have become a mundane list of needs rather than a vibrant dialogue. The truth is that God already knows your thoughts, emotions, and struggles. He simply desires for you to be honest with Him.

This series, entitled Honest to God, explores how the Psalms can provide the very words we need to express our rawest emotions and deepest thoughts. Over the next four weeks, we will utilize the ACTS model for prayer: Adoration, Confession, Thanksgiving, and Supplication. We will learn to worship God for who He is, confess our sins to restore intimacy with Him, maintain a perspective of gratitude, and finally, bring our practical requests before His throne.

As we study these ancient prayers together, you will discover that the Psalms are honest, emotional, and deeply personal. They reveal that we do not have to hide our feelings from our Father. It is my hope and prayer this series will help you move beyond repetitive routines and into a more authentic relationship with the Lord. May you find great comfort and strength as you learn to have an honest conversation with God.

May God bless,

A handwritten signature in black ink, appearing to read "Kurt Charlton".

Kurt Charlton
Lead Minister

HOW TO USE THIS GUIDE

The purpose of this guide is to help you dive deeper into our sermon series.

Sermon Notes

Bring this workbook to church each Sunday. As you listen to the sermon, make a note when you hear something that surprises you, intrigues you, bothers you, challenges you, or encourages you. Use this as a starting point for your group discussion.

Connect Questions

These questions will help you and your group members become more comfortable with talking and sharing with each other. Not only will you learn more about one another, the questions will help to steer the discussion in the direction of the topic.

Core Questions

These questions are the "meat" of the discussion and will point back to the sermon each week. Feel free to read and answer the questions before your group meets. They will also help you dig deeper into the Scriptures during your group discussions.

Change Questions

Conviction leads people to significant actions. At the end of Jesus' most famous sermon, he says if you do not put his words into practice, then you are a fool [Matthew 7:24-27]. Life transformation is the ultimate goal of a follower of Christ. This happens through personal reflection and a genuine response to what you have heard from God. Feel free to answer the questions out loud when your leader reads them, or you can quietly reflect and write a response in your workbook. This is the time to go deep and make it personal.

Care Questions

Please focus this time on your own personal praises and requests instead of listing all of the bad things that happened to someone you know. We challenge you to get "deep" with one another relationally, which means becoming a little bit vulnerable as you are honest with one another.

PRAYER GUIDE TO THE PSALMS

When you are grateful	1, 70, 81, 106, 116, 118, 124, 127, 145
When you are thankful	1, 8, 18, 30, 37, 45, 48, 53, 59, 63, 65, 66, 78, 81, 87, 89, 98, 100, 104, 105, 106, 111
A prayer when you face an enemy	2, 3, 4, 5, 7, 9, 10, 11, 12, 13, 17, 18, 20, 21, 22, 24, 31, 34, 35, 36, 37, 44, 51, 54, 55, 56, 57, 58, 59, 60, 61, 62, 64, 68, 69, 75, 86, 91, 94, 95, 108, 120, 138, 141, 142, 143, 144
A prayer for God to listen to you	6, 28, 35, 69, 71, 77, 123
A prayer about creation	8, 19, 28, 93, 94, 103, 104
A prayer for protection from danger	13, 17, 18, 20, 21, 22, 23, 24, 25, 27, 28, 31, 34, 35, 37, 40, 44, 46, 56, 57, 58, 60, 62
Those who deny God	14
A prayer for assurance	15, 20, 26
A prayer when facing death	49, 50, 90, 91
A prayer about the resurrection and Kingdom	16, 46, 49, 50, 67, 62, 76, 82, 83, 85, 89, 90, 97, 132
A prayer for wisdom	19, 126
A prayer for guidance	23, 25, 39, 40, 126
A prayer for intimacy with God	27, 42, 46, 84, 131
When you desire to be in God's sanctuary	27, 84
A prayer for God to reveal Himself to you	29, 42, 131
A prayer for forgiveness	32, 31, 66, 80, 85, 88, 107, 130
A prayer to bless others	33, 36, 137
A prayer when suffering	38, 41
A prayer for healing	41
A prayer for hope when you are discouraged	43, 102
A prayer for those in authority over you	45, 61
A prayer to glorify God	47, 57, 63, 73, 76, 93, 95, 96, 98, 104, 113, 128, 134, 146, 147, 148, 149, 150
A prayer about Jerusalem	48, 65, 84, 87, 89, 122, 126
A prayer to receive God's blessing	49, 65, 90, 92, 101, 115, 120, 123, 125, 126, 127, 133, 147
A prayer for restoration	51, 80, 102, 107, 116, 130, 137
A prayer for rejoicing	63, 97, 100, 115
A prayer of thanksgiving for God's sovereignty	99, 105, 106, 111, 113, 114, 118, 121, 136, 139, 145, 146, 147, 148
A prayer for the Word of God	19, 119, 135
A prayer of thanksgiving	112, 113, 116, 135, 139, 145, 148, 149, 150

A photograph of a sunset or sunrise. The sky is filled with large, billowing clouds in shades of orange, yellow, and pink. In the foreground, dark silhouettes of trees and mountains are visible against the bright sky.

Show me your ways,
Lord, teach me
your paths.
Guide me in your
truth and teach me,
for you are God my
Savior, and my hope
is in you all day long.

Psalm 25:4-5

HONEST to GOD

January 4 - Adoration

JANUARY 4 - ADORATION

Psalm 33

Connect Questions

1. What are some subjects or hobbies you can talk about for hours without becoming bored?
2. What are some unique facts or statistics you have memorized that others might not know? Share some of these with the group.
3. Think of a time you were not given the respect or honor you deserved. How did that experience feel?

Core Questions

1. Read Psalm 33:1-3. Why do we often struggle to put our worship into our own words, even though we find it easy to talk about our favorite movies or athletes?
2. The Bible gives over 900 unique names, titles, and descriptions for God. Why do you think it is difficult for us to think about just a few?

3. **Read Psalm 33:4-9. How does acknowledging God created the universe through His Word shift our focus during prayer?**
4. **Read Revelation 4:8. What does this tell us about how God wants to be honored?**
5. **Read Psalm 100. What should our hearts and attitude be like when we approach God in prayer and worship?**
6. **Read Psalm 145:1-3. David says he will praise God "forever and ever." How can we practically make worship a constant, daily habit rather than something sporadic?**
7. **OPTIONAL EXERCISE: Go around the room and share a name, description, or praise about God that starts with each letter of the alphabet. It can be a phrase or a single word.**

Change Questions

- 1. What do your prayers typically look like? Do you give God honor and praise each and every day?**
- 2. How can you learn more about God's attributes this week so your prayers can be filled with worship and adoration?**
- 3. When can you set aside some time this week to simply talk with God and tell Him how amazing He is to you?**

Care Questions

- 1. What is going on in your life?**
- 2. What are you struggling with that we can pray for?**
- 3. What are some ways God is blessing you?**

HONEST to GOD

January 11 - Confession

JANUARY 11 - CONFESSION

Psalm 51; Psalm 32

Connect Questions

1. **What are some “tells” that children often show to let you know they are hiding something?**
2. **What are some things you did as a child that you later confessed to your parents when you were grown up?**
3. **When was a time you had to confess to someone as an adult? How did it make you feel afterward?**

Core Questions

1. **Read Isaiah 59:1-3. How can unconfessed sin be an obstacle to genuine communication and intimacy with God? How can it affect our relationships with others?**
2. **Have someone summarize the story of David and Bathsheba [2 Samuel 10-12]. How does knowing the back-story of David and Bathsheba help to understand his confession in Psalm 51?**

3. David did not initially acknowledge and confess his sin [2 Samuel 12:1-14]. What are some obstacles people may have with confessing their sins to God? Others?
4. Read Psalm 51:1-6, including the heading. How does this heartfelt prayer begin? How does this posture of confession pave the way for a healthy prayer life?
5. Read Psalm 51:7-12. What words or phrases stand out to you? How do these give you encouragement to confess your sins to God?
6. Read Psalm 51:13-17. According to each of these verses, what responses should we have when God blesses us with forgiveness?
7. Read Psalm 32:1-5. How does confession affect us [vs. 1-2]? How does unconfessed sin affect us [vs. 3-4]?

Change Questions

- 1. If God is fully aware of our sin, why do you think He still wants us to confess to Him? Why is this difficult for you?**
- 2. Do you struggle to believe God can fully and completely forgive your sin and remove your guilt? Why?**
- 3. What do you need to confess to God, or others, today? What is holding you back?**

Care Questions

- 1. What is going on in your life?**
- 2. What are you struggling with that we can pray for?**
- 3. What are some ways God is blessing you?**



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January 18 - Thanksgiving

JANUARY 18 - THANKSGIVING

Psalm 136

Connect Questions

1. When is it difficult for you to say “thank you” to someone? When is it easy?
2. What are some things you regularly do that often goes without recognition or thanks from others?
3. Has there ever been a bad event in your life that eventually turned into something for which you were thankful?

Core Questions

1. EXERCISE: Read Psalm 136 as a group. Have one person read the first part of each verse and then have the entire group say “His love endures forever” together each time. Why do you think the writer repeats this each time?
2. What do you see in verses 1-9 which describe things we should be thankful for today?

3. **What specific events from the history of Israel do you see in verses 10-22? Why is it important to remember how God has been faithful to His people in the past?**
4. **Read Psalm 136:23-26. How do these verses show God's concern for those in need?**
5. **Read 1 Thessalonians 5:16-18. What are the three commands we are given? Why do you think it is God's will for us to do these?**
6. **Why do you think it is so important for us to express our thankfulness to God in all circumstances?**
7. **Read Philippians 4:4-7. Briefly describe "Thank You Therapy" in your own words and how it may help your outlook in a difficult season.**

Change Questions

- 1. Go around the room and say something you are thankful for that starts with each letter of the alphabet. It can be a phrase or a single word.**
- 2. How have you seen God's faithful love in your life? How should that affect your prayers of thankfulness?**
- 3. What are some practical ways you can remember to thank God for his past, present, and future blessings in your life?**

Care Questions

- 1. What is going on in your life?**
- 2. What are you struggling with that we can pray for?**
- 3. What are some ways God is blessing you?**



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January 25 - Supplication

JANUARY 25 - SUPPLICATION

Psalm 86

Connect Questions

1. **What is the most extravagant or outlandish thing you have ever asked someone for? Did you get it?**
2. **When you pray, do you tend to ask for small things or big things? Why?**
3. **What are some big and specific things you have asked God to give you or do for you in the past? Would your life be better or worse if he gave them to you?**

Core Questions

1. **Read James 4:1-3. According to this text, what are two reasons why we might not receive the things we ask for? What other reasons can you think of?**
2. **Read Psalm 86:1-7. Why is God "happy" to be the one we go to when we have a want or a need?**

3. **Read Psalm 86:8-10. Why should we pause to acknowledge who God is in the middle of asking Him for things?**
4. **Read Psalm 86:11-13. How does asking God to "teach me your way" change the types of things we might ask for next?**
5. **Read Psalm 86:14-17. How can we maintain pure motives when asking for deliverance from difficult people or situations?**
6. **Read Matthew 7:7-11. What is the difference between simply "asking" and "seeking and knocking"?**
7. **Read Psalm 37:3-4. Before God grants us the desires of our hearts, what three things does he desire from us? What may happen to our desires once we do these things?**

Change Questions

- 1. How can you be more specific in your prayers this week? Consistent? Persistent?**
- 2. Are your motives usually pure when you ask God for things? What needs to change?**
- 3. After you ask, what do you need to seek and find to take an active part in your request being answered?**

Care Questions

- 1. What is going on in your life?**
- 2. What are you struggling with that we can pray for?**
- 3. What are some ways God is blessing you?**

ADDITIONAL NOTES



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