

How do we pray when our lives – or the world – has gone wrong?

So much prayer that we find in the Bible – particularly in the Psalms – is lament, sorrow, rage and protest.

It's a normal way of praying for Jesus as well. He protests about injustice and cruelty. He stands up to people. He calls out to God for change. He weeps at the graveside of a friend.

So in this session, we talk about how we are honest with Jesus Christ and say to him, "This is not right!"

Those are the prayers that go straight to the heart of God. Those are the prayers Jesus collects in his arms and absorbs – as he absorbed all sorrow on the cross. He is with us always.

You can find the full series of Exploring Prayer [here](#).

Blessings,

++Justin

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