



PRAYING THROUGH
**KINGDOM
DIVIDED**

30 DAYS OF PRAYER THROUGH ISRAEL'S REBELLION
AND GOD'S ENDURING PROMISES



Prayer is a privilege.

It is an invitation to speak and to be heard by the Creator who loves us. Through prayer we are better positioned to see Him at work, to know Him more deeply, and to gain insight into His purposes and person. It may be the one thing that multiplies everything else.

We have prepared this guide with devotions centered on prayer through Israel's Divided Kingdom. Here, you will find ways to pray God's Word, learn different prayer methods, and get to know the character of our unfathomable God in deeper ways.

We invite you to join in the privilege of praying through God's Word as we watch for the Lord's work in our lives, communities, and world. Would you watch and pray with us?

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Lesson 1

“But you, Israel, my servant, Jacob, whom I have chosen, you descendants of Abraham, my friend, I took you from the ends of the earth, from its farthest corners I called you. I said, ‘You are my servant’; I have chosen you and have not rejected you.” – Isaiah 41:8-9

People of the Promise: Kingdom Divided is a story of God’s faithfulness. In the notes this week, we read, “Israel’s story, our world, and our circumstances can feel desperately out of control. Yet, for God’s child, our hope never rests on outward circumstances. The God who created the world controls its destiny. God’s people rest firmly in His hands.”

In what way do your circumstances feel out of control? How do you experience what feels like chaos reflected in the world around you? Make a list. Then offer a prayer to the Lord using your list and praising Him for His enduring character. When we remember who God is, we remember that He is bigger than your circumstances. Consider using BSF’s list of **God’s attributes*** for inspiration. End by asking Him to reveal His faithfulness in your circumstances.

“Father, You are faithful yesterday, today, tomorrow, and forever. You are a God who sees and saves. Help me to rest in Your hands, knowing You are above my circumstances. Today, I am struggling with (use your list). Give me eyes to see how You are working in and through the challenges I face today. Help me to be a light in a world that desperately needs You. You are a God who seeks us in the farthest corners and the ends of the earth. Help me to cling to Your faithfulness.”



*Scan for BSF’s list of God’s attributes.

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Lesson 2

“If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” – 1 John 1:8-9

In this week’s lesson, we read about Solomon’s extraordinary gift to lead Israel and ultimate failure in ignoring God’s warnings and succumbing to sin. In his early days as king, Solomon acknowledged his weakness before the Lord, asking for wisdom and discernment. God honored his humble attitude. We can pursue that same humility each day when we go before the Lord in prayer. Inspired by Solomon’s early prayer from 1 Kings 3:9, we can construct our own prayer seeking God’s wisdom and discernment.

“So give your servant a discerning heart to govern your people and to distinguish between right and wrong. For who is able to govern this great people of yours?”

We can list the elements of his prayer this way:

- Solomon acknowledged God’s authority: “So give your servant ...”
- He asked for God to change His heart: “... give your servant a discerning heart ...”
- He presented His request: “... to govern your people and to distinguish between right and wrong.”
- He proclaimed his weakness and God’s greatness: “For who is able to govern this great people of yours?”

Inspired by Solomon’s prayer and reflecting on the warning of 1 John 1:8-9, write your own prayer. Begin with praise, ask for heart-change, present your need, and end with a celebration of God’s goodness.

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Lesson 3

“Then Asa called to the Lord his God and said, ‘Lord, there is no one like you to help the powerless against the mighty. Help us, Lord our God, for we rely on you, and in your name we have come against this vast army. Lord, you are our God; do not let mere mortals prevail against you.’” – 2 Chronicles 14:11

Reflect on your current circumstances. What crisis are you currently facing? Today we are going to pray Asa’s prayer in 2 Chronicles 14:11. Personally fill in the blanks below, presenting your requests to God.

“Lord, there is no one like you to help the powerless against the mighty. Help [me], Lord [my] God, for [I] rely on You, and in Your name [I] have come against _____. Lord, You are [my] God; do not let mere _____ prevail against You.” (2 Chronicles 14:11)

Lesson 4

“Answer me, LORD, answer me, so these people will know that you, LORD, are God, and that you are turning their hearts back again.” – 1 Kings 18:37

Like Elijah, we will pray for those who have yet to believe in Christ. Make a list of the unbelievers God has placed in your life. Ask the Lord to place a burden on your heart to pray for them often and share the gospel when possible. Ask God, in faith, to reveal Himself powerfully to those who need the hope of salvation. Then pray for a boldness to share God’s Truth like Elijah.

End your prayer by praying Elijah’s words, “Answer me, Lord, answer me, so these people will know that you, Lord, are God, and that you are turning their hearts back again.” (1 Kings 18:37)

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Lesson 5

“The Lord said, ‘Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.’” – 1 Kings 19:11

In this week’s notes, we read, “Elijah’s sudden plunge into despair might surprise us, but his raw humanity should not. The glaringly honest words that poured out of Elijah revealed the depth of his inner strife. ‘I have had enough, Lord ... Take my life; I am no better than my ancestors.’ Elijah was just as human as we are.”

Using Elijah’s story for inspiration, we are going to pray in four parts.

1. Begin by recognizing God’s authority. Admit your weakness and frailty and rejoice in His enduring strength.
2. Present your needs before God. Just as Elijah cried to the Lord, lay your exhaustion, your worries, your pain, and your fears before Him.
3. Now listen. For some of us, this time of silence can be difficult, so consider setting a timer to help you stay focused in prayer. If your mind is prone to wander, read and reflect on God’s presence 1 Kings 19:11-13.
4. Consider: How has God met you in your time of need?

Lesson 6

“But Jehoshaphat also said to the king of Israel, ‘First seek the counsel of the LORD.’” – 1 Kings 22:5

This week’s notes tell us, “Our pride often feels manageable to us, but we do not often realize its pervasive danger. Pride wreaks havoc in every direction and destroys the abundant life God intends for us.”

This week will follow Jehoshaphat’s advice, “First seek the counsel of the Lord,” by laying our pride aside. Are you willing to accept God’s counsel,

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even if He does not respond in the way you expect? Think through the choices that will impact your life today, tomorrow, and years from now. Take some time to seek the Lord in prayer. Ask for the faith to receive whatever answer God lays before you, even if it is not what you wanted to hear. Ask Him to reveal those areas in your life where your pride keeps you from following God's direction.

Lesson 7

"Our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you." – 2 Chronicles 20:12

In this week's lesson, we read Jehoshaphat's powerful prayer. The people united in prayer, seeking God above all else. We can model Jehoshaphat's prayer in just a few simple steps, outlined in the notes.

Jehoshaphat Proclaimed God's Might – 20:6

- Gazing at God puts our challenges in proper perspective. Acknowledging God as big makes our problems seem small.
- Begin by proclaiming God's might in your own words.

Jehoshaphat Recalled God's Past Faithfulness – 20:7

- God's past faithfulness prepares us to trust Him with our present and future needs.
- Thank God for His faithfulness in your past.

Jehoshaphat Claimed God's Promise – 20:8-9

- Jehoshaphat confidently declared, "you will hear us and save us." Believers appropriate God's promises in specific situations by actively trusting Him to do what He has promised to do.
- Praise the God who keeps His promises of the past, present, and future.

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Jehoshaphat Acknowledged Their Helplessness – 20:10-12a

- Only when we acknowledge the emptiness of our own hands are we ready to recognize the fullness of what God alone can do.
- Acknowledge your own emptiness before the Lord.

Jehoshaphat Asked God for Help – 20:12b-13

- His words, "... our eyes are on you," communicated both faith and expectancy.
- Present your requests before the Lord, asking Him for help. Pray expectantly, trusting that God will fulfill His purpose in His perfect time.

Lesson 8

"When they had crossed, Elijah said to Elisha, 'Tell me, what can I do for you before I am taken from you?' 'Let me inherit a double portion of your spirit,' Elisha replied." – 2 Kings 2:9

Through the PRAY model below, we are inspired by Elisha, asking God to give us the courage, faith, and commitment to proclaim His Truth in a rebellious world.

Praise: We praise You, God, for relentlessly pursuing and saving us. Thank You, God, that as we serve where You've placed us, You will provide all we need.

Repent: Father, we confess we sometimes let our fear and anxious thoughts keep us from the work You have called us to do instead of trusting You. Please forgive us.

Ask: Spend some time in prayer, asking God where or how He might be calling you to shine the light of His grace in your church or community.

Yield: "Not my will, but yours be done."

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Lesson 9

“Now I know that there is no God in all the world except in Israel.” –
2 Kings 5:15b

In this week’s notes, we read, “God’s people are equipped to reflect His compassion to others. Like Elisha, God calls His people to share His heart and help hurting people. How has God positioned you to show His compassion to specific people? Has God gifted and given you an area of influence where you can care for individual needs?”

Today, ask the Lord to reveal those in your neighborhood, church, workplace, and around the world who desperately need God’s compassion. Begin with a prayer of confession, then ask Him to show you how you can reflect His heart for others.

“Lord, You are infinitely merciful and compassionate. Forgive me when I fail to see the needs of other around me. Give me a heart to recognize the suffering of those close to home and far away. Show me how I can reflect Your compassion today.”

Lesson 10

“The Lord had seen how bitterly everyone in Israel, whether slave or free, was suffering; there was no one to help them. And since the Lord had not said he would blot out the name of Israel from under heaven, he saved them ...” –2 Kings 14:26-27

We can rest in God’s assurance that this world’s suffering cannot be compared with the eternal glory awaiting God’s children. This lesson’s notes ask us, “What remains standing when everything else blows away? Only God and His Word stand firm no matter what. God preserves His purposes, His promises, and His people by His power. God is steady when our world is shaking. He can be trusted.”

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Reflecting on God's steadfast promises, thank Him for recognizing our suffering and hearing our prayers. Praise Him for the hope we find in His eternal promises. For inspiration, recite the words of the beloved hymn, "A Mighty Fortress is Our God."

*And though this world, with devils filled,
should threaten to undo us,
we will not fear, for God has willed
His Truth to triumph through us.*

Lesson 11

"All day long I have held out my hands to an obstinate people, who walk in ways not good, pursuing their own imaginations." — Isaiah 65:2

This week's notes tell us, "Inspired by the Holy Spirit, God sent individual prophets to stand before specific kings to speak customized warnings and guidance. The Holy Spirit still speaks to us today. If we are to be a people who pursue the thoughts of God, not our own, we must rely on the Holy Spirit to reveal God's truth and bring the Bible to life."

But if we do not take the time to listen for God's voice, how can we hear Him speak?

Think about or write down a list of those things that keep you most distracted during the day. What captivates your thoughts, your time, and your resources? Ask God to help you prioritize that list, looking for ways to open more time to seek Him. Maybe it is using a lunch break to pray or taking an extra 20 minutes in the morning to read your Bible.

Between you and God, confess the areas where you struggle to put Him first. This is a time of repentance. Then ask for wisdom in finding intentional time to pursue quiet moments before the Lord.

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Lesson 12

“I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity.” –Jonah 4:2b

In this week’s notes, we read, “Every human being bears God’s image. People around the world display beautiful diversity and fundamental unity. All people also share the same serious problem – sin. God cannot and will not be bound by human dividing lines. His love and mercy know no borders. God is impartial – He does not love one people group more than another. God lovingly extends mercy to all people. Our compassionate God saves all who repent of their sin and trust Him for salvation.”

Where do you see “dividing lines” in your family, church, or community? Jonah needed a new perspective, to see God clearly with a humble heart, and we often do too. Using Jonah 4:2, pray God’s Word back to Him. End by asking how you might display God’s abounding love in division.

“Lord, I know that You are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity. Show me, Father, how to seek unity among believers, break down man-made divisions, and offer Your grace and compassion in all circumstances. Help me to view the diversity around me as a gift from You. Show me how to stand for truth while being slow to anger and abounding in love.”

Lesson 13

“Seek the Lord and live ...” – Amos 5:6a

God sent Amos to confront Israel’s specific sin and announce coming judgment. God also calls us to confront our own sin, to “seek the Lord and live ...” But where do we begin? To recognize the depth of our own sin, we can first recognize the greatness of God.

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To begin, we will pray the words of Amos (4:13; 5:8) back to God, remembering who He is. Begin by praying the modified verses below. End in confession and supplication.

“You form the mountains and create the wind, you reveal Your thoughts to mankind, You turn dawn to darkness, and tread on the heights of the earth. The Lord God Almighty is Your name. You made the constellations, You turn midnight into dawn and darken day into night, You call for the waters of the sea and pour them out over the face of the land – the Lord is Your name. Lord, I confess _____. Help me to leave those areas of my life behind, give me the strength to seek You above all else.”

Lesson 14

“Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.” —Joel 2:13

“But on Mount Zion will be deliverance; it will be holy, and Jacob will possess his inheritance.” —Obadiah 17

This week, we will take time to celebrate God’s faithfulness and, His perfect blend of hard truth and steadfast hope. He alone can turn our weeping to dancing, our mourning to joy, and restore the light to the dark places. Joel 2:21 says, “Do not be afraid, land of Judah; be glad and rejoice. Surely the Lord has done great things!”

How might God be calling you to rejoice in the hard places of life? Spend time in concentrated worship. Whether you sing, write a prayer, recite Scripture, or simply pray out loud, find a way to express your joy before the One who restores all things.

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Lesson 15

“I will heal their waywardness and love them freely, for my anger has turned away from them.” – Hosea 14:4

This week’s notes tell us, “Satan rarely tempts us with something that appears glaringly wrong. Usually, sin progressively lures us into a deeper pursuit of an ever-greater thrill or compromise without an awareness of the increasing cost.”

The book of Hosea challenges us to take our sin seriously. It also gives us hope of true restoration. Take a moment to consider how your sin has affected those around you. How has it grieved the Lord? Begin by confessing that sin to God, asking for forgiveness, then seeking a way for restoration in broken relationships.

“Lord, reveal the ways that I have sinned against You and others. Forgive my wayward heart and draw me into right relationship with You. Thank You for turning your anger away, loving me freely through the sacrifice of Your son, Jesus. Restore the relationships in my life that have been broken by sin and show me how to reconcile with those I have hurt. Help me to forgive those who have sinned against me. You are a God who loves freely, heal my waywardness.”

Lesson 16

“... for the Lord your God is gracious and compassionate. He will not turn his face from you if you return to him.” – 2 Chronicles 30:9b

This week, we will pray for God’s protection over His global Church.

In the notes, we read, “Christianity hinges on the exclusive worship of the one true God. Worship of anything else, whether nature, ideology, wealth, power, pleasure, or work, is called idolatry – a sin in God’s eyes.”

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Let us join in praying for our Christian leaders, asking God to preserve their undivided, wholehearted allegiance to Him. Thank the Lord for faithful leaders and pray for their continued commitment in the midst of spiritual adversity.

- Begin by praying for your local pastor and church congregation.
- Then pray for other churches in your area.
- Expand that prayer to God's global Church. Include BSFers around the world in your prayer time.

Lesson 17

"Because your heart was responsive and you humbled yourself before God when you heard what he spoke against this place and its people, and because you humbled yourself before me and tore your robes and wept in my presence, I have heard you, declares the Lord."
— 2 Chronicles 34:27

King Josiah earnestly sought to know God's will. We too long for God's guidance. But where do we begin? This week's notes instruct us to begin with expectant prayer, followed by God's Word. From there, we experience wise counsel or circumstances that confirm God's Word and end in inward peace.

Take a moment to consider a decision you are struggling to make. Now pray through that decision using this formula from the notes:

Pray: Following the notes, "Pray for God's guidance with humility. Set aside your own limited judgment. Look to God for wise direction and counsel. Lean upon God and depend on Him through continual and persistent prayer that desires His will in every situation and decision."

God's Word: Now reflect on your study this week. How did God speak to you personally? How might this affect the decision you are trying to make?

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Confirming Circumstances and Wise Counselors: When making a decision, who can you trust to direct you back to God's Word? Seek that wise counsel. Or what circumstance might confirm what God has taught you through His Word? What circumstance points you back to truth from the Bible?

Inward Peace: Through prayer, ask God to confirm your decision. Pray specifically that God would grant you a settled peace, regardless of the challenges surrounding you.

Lesson 18

"In that day you will say: 'I will praise you, Lord. Although you were angry with me, your anger has turned away and you have comforted me. Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defense; he has become my salvation.'" — Isaiah 12:1-2

Today's notes ask us, "Do you ever struggle to keep doing the hard thing without visible proof that it is worth it? How do you feel when doing what is right does not produce the results you hoped for?"

As a prophet, Isaiah persevered. Through faith, he proclaimed God's truth even when his listeners failed to respond. Isaiah found courage in God's mercy and strength. We can too.

Where is God calling you to share His Word? Is there someone in your life who needs to hear the gospel? Take some time to pray, asking for courage and clear direction to proclaim God's Truth.

"Father, I praise You. Through the sacrifice of Jesus, Your anger has turned away from me. You are my comfort and my salvation. Give me the courage to trust You. Help me not to be afraid. Lord, open an opportunity to share with (name of someone you know). Give me the words to speak and a bold spirit like Isaiah. Help (name of someone you know) to see that You are my strength and my defense."

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Lesson 19

“For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.” — Isaiah 9:6

This week’s notes close by stating, “The wonder of God’s Son should capture our hearts and orient our lives. Jesus is the answer. Only Jesus is worthy of our worship.”

Reflecting on the words of Isaiah 9:6, consider each name of Jesus. Pray in worship and supplication, using each name. To help you get started, we included some prayer prompts for the first two. Fill in the blanks for the remaining two.

Wonderful Counselor

- Worship: You, Jesus, are infinitely wise, offering perfect counsel and truth.
- Supplication: Help me to honor Your teaching and learn from Your Word. Help our political and church leaders to recognize You as the ultimate authority for truth and wisdom.

Mighty God

- Worship: You, Jesus, are Mighty God. Your strength is seen in Your sacrifice, and Your might is displayed through Your love and justice.
- Supplication: Let Your authority reign over every area of my life. Help me to depend on Your strength alone.

Everlasting Father

- Worship:
- Supplication:

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Prince of Peace

- Worship:
- Supplication:

Lesson 20

“Comfort, comfort my people, says your God. Speak tenderly to Jerusalem, and proclaim to her that her hard service has been completed, that her sin has been paid for, that she has received from the Lord’s hand double for all her sins.” — Isaiah 40:1-2

Re-read the words of Isaiah 40:1-2. Spend some time in prayer, asking God how you should respond to the truth that your sin has been paid for through Christ. Maybe God is calling you to repent, to rejoice, to praise Him, or to share with someone close to you.

Then pray Isaiah 40:28-31 back to God.

“You, Lord are the everlasting God, the Creator of the ends of the earth. You will not grow tired or weary, and Your understanding no one can fathom. You give strength to the weary and increase the power of the weak.”

For an extended prayer time, read all of Isaiah 40. Pray those verses back to Him.

Lesson 21

“I delight greatly in the Lord; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness.” — Isaiah 61:10a

How has God worked in your life? What situations can you remember where He has brought you true healing and comfort? This week’s notes

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remind us, “No one will ever love you the way Jesus does. Our hearts should regularly explode in worship as we think about what we deserve and what Jesus did.”

Spend time remembering what God has done and enter a time of rejoicing and thankfulness for how He has been faithful to you. Use Isaiah 61:10a to praise Him.

Then craft a prayer based on the ACTS prayer model below.

Adoration:

Confession:

Thanksgiving:

Supplication:

Lesson 22

“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze ... See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” — Isaiah 43:2, 19

If you are currently struggling through a season of suffering, pray the words of Isaiah 43:2, 19 as a prayer of comfort. Use the prayer below for inspiration.

“God, when I pass through the waters, You will be with me. And when I pass through rivers, they will not sweep over me. When I walk through fire, I will not be burned, the flames will not set me ablaze because You walk before me. Father, Your mercies are new every day. You can make something beautiful from my suffering. You alone can make a way in the wilderness and streams in the wasteland.”

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As you consider the prayer above, pray for others who are suffering. This could include a loved one, a neighbor, a community, or a nation. Ask God to meet them in their darkest moment and reveal His eternal presence again and again.

Lesson 23

“He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.” – Micah 6:8

In this week’s notes, we are reminded that “God’s people should live differently because of who God is and what He has done. People who experience God’s grace and forgiveness desire to ‘act justly’ and ‘love mercy.’”

Take time today, inspired by Micah, to pray the following.

- Pray that those with power and authority choose to show justice, mercy, and humility in their actions and decisions.
- Pray that those who do not know Christ would experience the life-changing truth of the gospel.
- Pray that God’s justice and mercy would begin to transform your city, country, and our world.
- Then ask God how you, personally, can “act justly” and “love mercy” in your daily life.

Lesson 24

“The Lord is good, a refuge in times of trouble. He cares for those who trust in Him, but with an overwhelming flood he will make an end of Nineveh; he will pursue his foes into the realm of darkness.” – Nahum 1:7-8

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“Seek the Lord, all you humble of the land, you who do what He commands. Seek righteousness, seek humility; perhaps you will be sheltered on the day of the Lord’s anger.” – Zephaniah 2:3

This week’s lesson reminds us that God takes sin seriously and responds to those who repent. In the notes we read, “When you sin, and you will, He calls you to repent and welcomes you back with joy. God fights for you. The Mighty Warrior is your Beloved Shepherd. The fierceness of God’s wrath reflects the fierceness of His love.”

How have you experienced the “fierceness of God’s love?” How does that lead you to repentance? To repent is to turn away from sin. To do so, we can go to God in prayer.

- Acknowledge God’s ultimate authority and humble yourself before the Lord.
- Confess your sin completely and specifically, recognizing its consequences for you and those around you.
- Ask for God’s forgiveness.
- Surrender your shame before the Lord, resting in Christ’s righteousness. Nahum 1:7-8 reminds us that “The Lord is good, a refuge in times of trouble. He cares for those who trust in Him ...” Through Christ, we are sheltered from the Lord’s anger. He is quick to forgive in His eternal love and mercy.
- Ask the Lord for the strength to live differently. Pray for the strength to take your thoughts captive and change your actions.

Lesson 25

“Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations” – Jeremiah 1:5

In this week’s lesson, we read about Jeremiah. The notes tell us, “Jeremiah suffered greatly yet remained faithful to God for as long as he

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lived. Jeremiah clung to God as he walked the path God marked out for him. Much can be learned from Jeremiah's steadfast obedience."

Consider who in your life, your city, or your nation has been appointed by God to a difficult role. Spend time in prayer for those who have answered a call to "costly obedience" by working in the mission field, whether near their home or abroad. For these servants of God, pray for their safety, their effectiveness, and any other specific needs they have.

Then ask God to clarify your own mission. How has He appointed you to serve?

Lesson 26

"I will give them singleness of heart and action, so that they will always fear me and that all will then go well for them and for their children after them." – Jeremiah 32:39

In what way do you need "singleness of heart and action?" What is shifting your focus away from the Lord? Maybe you have a decision to make or a problem that feels too heavy to bear. Perhaps the world is telling you that you are not enough, or you can feel bitterness taking root.

Today we are going to ask God for "singleness of heart and action."

Lay your distractions before the Lord.

Ask Him to give you clarity of mind.

Then prepare your heart to act on God's commands, serving Him with focus and fortitude.

Lesson 27

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness". – Lamentations 3:22-23

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Through this week's study, we learn, "God compassionately hears the anguished cries of His suffering people. This tear-stained book helps us know how to acknowledge our pain to a loving, ever-listening God."

Today, we will practice lamenting before the Lord. There are many ways to go about a prayer of lament. Here are a few ideas that may be helpful:

- Journal your deepest pains and sorrows. Between each honest expression before God, write Lamentations 3:22-23. Let this become a rhythm that steadies and comforts you.
- Use other prayers of lament in the Bible as your words. Almost a third of the Psalms are prayers of lament! Some examples are Psalms 6, 13, and 38.
- Lamentations is a book of poetry, which is one form of creative expression. If you are gifted in poetry or another artistic method, use it to express your emotions to God. You can draw, paint, write, speak, or sing.
- Listen to a worship song that speaks to you when you are in pain. Let it be a song to God from your heart.

Lesson 28

"How long, Lord, must I call for help, but you do not listen? Or cry out to you, 'Violence!' but you do not save?" – Habakkuk 1:2

In this week's lesson, we learned, "Habakkuk found himself caught in the gap between what he knew about God and what he saw happening in his world. Believers today experience that same uncomfortable space – living in 'the now' while longing for 'the not yet.'"

Habakkuk presented his honest questions to the Lord, and we can too. Where do you struggle to reconcile the God you know with what you see in the world around you?

Make a list of questions to ask the Lord in prayer.

PRAYING THROUGH KINGDOM DIVIDED

Then review the BSF list of **God's attributes**.

The notes remind us, "We can rest in God's sovereignty even when we do not understand His mysterious ways. The answers we most desire from God can be found – in God Himself."

Pray through your questions, asking for wisdom to discern God's answers and faith to trust the things you do not understand. Then worship through God's attributes, remembering that He is omniscient, omnipotent, infinite, and incomprehensible.

Lesson 29

"Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea." – Micah 7:18-19

Using the PRAY model, write your own prayer to God, focusing on Micah 7:18-19 for inspiration.

P - Praise:

R – Repent:

A – Ask:

Y – Yield:

Lesson 30

For our final week of prayer, we will reflect on what we have learned this year. Using the verses below and others you remember from the study, make a list of things you have learned about who God is. For reference, you can also use the BSF **attribute list**. Then close your study time in praise. He is the God of yesterday, today, tomorrow, and forever.

PRAYING THROUGH KINGDOM DIVIDED

From Lesson 3: “Then Asa called to the Lord his God and said, ‘Lord, there is no one like you to help the powerless against the mighty. Help us, Lord our God, for we rely on you, and in your name we have come against this vast army. Lord, you are our God; do not let mere mortals prevail against you.’” - 2 Chronicles 14:11

From Lesson 7: “Our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you.” – 2 Chronicles 20:12

From Lesson 14: “Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.” – Joel 2:13

From Lesson 19: “For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.” – Isaiah 9:6

From Lesson 29: “Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.” – Micah 7:18-19



Thank you for praying with us. Visit bsfinternational.org for more information about studies and other resources from Bible Study Fellowship.