Everyday Prayer:

When Ordinary People Ask an Extraordinary God

Title: Help My Unbelief

Date: September 13, 2026

Text: Mark 9:14-29

BIG IDEA

Over the last several weeks, we have studied what it means to become saints–everyday, ordinary people transformed by the power of God working in and through us. During this series, we will see what it means to cultivate an “everyday” prayer life. Our prayer life directly reflects our recognition of our dependence on God; and whether we realize it or not, we need Him in every moment of everyday–even the seemingly small and ordinary ones. So shouldn’t we have a prayer life that reflects that truth?

It has been said that miracles happen at the pace of prayer, perhaps our idea of miracles just needs to be broadened. Because what if our prayers weren’t just about getting what we needed, crying out in desperation, or praying for God to move. What if prayer simply became a means by which we know God and are known by Him?

Perhaps that is the greatest miracle of all.

Conversation Starter

- Typically, what do your prayers sound like to God when you pray on your own? Are they silent, out loud, long, short,

emotional, robotic, etc? What posture do you take with your body, or do you even think about this?

COMMENTARY #1

(Mark 9:21-22) At this point in the story of this miracle, Jesus acknowledges the pain and suffering of the father by asking him a question. He asks him, “How long has he been like this?” The answer comes tumbling out of the desperation in this man’s heart when he says, “Since childhood…it has even tried to kill him.” There is something about knowing that your pain is being seen by God that seems to begin the process of a miracle here. In fact, based on this passage, God honored this man’s sheer desperation, which was directed toward Him, by doing a miracle.

Discussion Questions

1. Do you believe that God actually intervenes in our lives? Can you give an example of a way you believe he has intervened in the past month? This week? Today?
2. How much of what God does in our lives do you believe we really get to see, and how much of what God does in our lives is happening behind the scenes where we cannot see Him moving on our behalf? Why do you think this?
3. What is the biggest issue in your life where you want God to move right now? If Jesus looked you in the eye and asked you, “How long have you been like this?,” what would you say?

4. Are there places in this issue that you have not told him about? How can you, like this father, show Him your desperation in your prayers this week?

COMMENTARY #2

(Mark 9:22) "*But if you can do anything, take pity on us and help us."* The man appeals to Jesus because he feels seen…but he qualifies his request for Jesus' power with an "if." This is what it looks like to wrestle with faith. Keep in mind that yes, this man was looking into the face of Jesus; but he was also looking into the face of his tormented son. In that moment, he was remembering all the years of suffering, all the prayers that seemed unanswered, all the times his hopes would rise only to be devastated again. The father's "if" held a lifetime of moments that seemed to confirm that he should doubt–but it also held a faith that even still, kept believing. And even before his faith was perfected, Jesus chose to answer him.

Discussion Questions

1. Have you ever wrestled with your faith so much that you can't sleep? When and what prompted this?
2. Have you ever wrestled with your faith so much that you avoided God altogether? What does that look like in your life if so?
3. Based on this passage in scripture, should we be ashamed of wrestling with our faith? Why or why not?
4. This man did not just confront Jesus, but he did it in front of the disciples and a "crowd." He was risking his own credibility by doing this in the eyes of whomever was

standing in that crowd. There was a risk involved that brought glory to God in that moment. Have you ever risked anything for the sake of your faith?

COMMENTARY #3

(Mark 9:23) "*Everything is possible for one who believes."* Jesus reminds this man that there is power in faith… even in the tiny mustard seed size of faith we're sometimes left barely clinging to. Even in the midst of "ifs, in the midst of fear, in the midst of pain, to have the boldness to look into the face of Jesus again and say "please help us" paves the way for a miracle. Whether it is the healing you've been praying for, or the healing you didn't expect.

Discussion Questions

1. When you read these words, how do you picture Jesus saying them? Is he angry at the man and assertive? Is he gentle and looking directly into his eyes? Is he saying this to the crowd or directly to this man?

2. Based on your answer to the questions above, why do you think Jesus chose to engage this man the way He did instead of just immediately healing his son, which he was completely capable of doing?

3. In chapter 17 in the book of Matthew, when the disciples ask Jesus why they could not heal a demon-possessed boy, Jesus tells them in verse 20, " I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, 'Move from here to there,' and it would move. Nothing would be

impossible.” *(NLT version)* What principle do you think Jesus wants us to understand about faith?

GOING DEEPER

One of the greatest tests of our faith that is a very typical test in the Christian walk is “waiting.” Sometimes people can pray for years while waiting. Sometimes, people work in faith knowing that the legacy they are working for will never be fulfilled in their own lifetime. Sometimes someone becomes the first Christian in their own family and works to witness to them knowing that their years may be too short to see faith take root in that generation of their own family. These are all tremendous acts of faith.

Are we praying like a people of faith? Or are we praying like we are living in a consumer culture? If the first step to this miracle was seeking a conversation with Jesus, and we walk around with the Holy Spirit living inside of us every day, how can we pray bolder prayers? How could this one small area of growth change our church? How could it ripple through the Kingdom of God?

ADDITIONAL RESOURCES

https://www.desiringgod.org/articles/faith-in-the-wilderness-of-waiting

https://bibleproject.com/guides/the-lords-prayer/

https://billygraham.org/answers/what-is-the-apostles-creed

Activity

We affirm our faith often in corporate church gatherings through the Lord's prayer or the Apostles' Creed. How does this practice empower our faith? Take some time now with your group to actually do this, then discuss how adding this into your own personal time with God may be a tool that can empower you as a follower of Christ.

The Lord's Prayer

Our Father, who art in heaven,
Hallowed be Thy name.
Thy Kingdom Come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread,
And forgive us our trespasses
As we forgive those who have trespassed against us.
And lead us not into temptation,
But deliver us from evil.
For thine is the Kingdom
And the Power
And the Glory forever.
Amen.

The Apostles' Creed

I believe in God the Father Almighty, Maker of heaven and earth, And in Jesus Christ his only Son our Lord, Who was conceived by the Holy Ghost, Born of the Virgin Mary, Suffered under Pontius Pilate, Was crucified, dead, and buried. He descended into hell; The third day He rose again from the dead; He ascended into heaven, And sitteth on the right hand of God the Father Almighty; From thence he shall come to judge the quick and the dead. I believe in the Holy Ghost; The Holy catholic Church, the Communion of Saints; The Forgiveness of sins; The Resurrection of the body, And the Life everlasting. Amen.

FAMILY CURRICULUM
Everyday Prayer: Help My Unbelief
Mark 9:14-29

BIG IDEA

We just finished our “Everyday Saint” series and learned much about living wholly holy! We learned to be holy in all we do, spending time building our foundation with God through spending time in the Word, prayer, and by being active in our community of faith. We also learned to add to our faith goodness, knowledge, self-control, perseverance, godliness, mutual affection and love while depending wholly on God every day! Our new series is called “Everyday Prayer.” We will be looking at stories in the Bible that give us examples of the power of prayer in our lives.

MEMORY VERSES

21 Jesus asked the boy’s father, “How long has he been like this?” “From childhood,” he answered. **22** “It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us and help us.” **23** “‘If you can’?” said Jesus. “Everything is possible for one who believes.”
24Immediately the boy’s father exclaimed, “I do believe; help me overcome my unbelief!” ~Mark 9:21-24

LESSON/ACTIVITY

Throughout this series, we will watch a video of the story of the Bible and then come back and discuss what we learn through the story.
Click to watch Mark 9:14-29: Jesus Heals Demon Possessed Boy

In this story, we hear of a desperate father who brings his demon-possessed son to Jesus to be healed. The disciples tried to heal him, but were unsuccessful. When Jesus arrives, the father asks him to heal him if he is able. Jesus responds by telling him that “Everything is possible for one who believes” (vs. 23). The father quickly responds, “I do

believe; help me overcome my unbelief" (vs. 24). Jesus cast out the demon and helped the boy to his feet. Later the disciples ask why they were unsuccessful and Jesus tells them, "This kind can come out only by prayer" (vs. 29).

- Why do you think the father said, "if you are able?"
- What was Jesus' response?
- How can prayer help us be more aligned with God?

SONGS

"Just As I Am" and *"If I Can"*

PRAYER

Heavenly Father, You are the Great Healer. Thank you for providing us with your Word so we can learn more about you and your wonderful deeds. Thank you for giving us examples of how to align with you through prayer. We know that you are able, Lord, and we believe that everything is possible for those who believe. Help us to depend on you each day. In Jesus' name. Amen.

CHALLENGE

Remember that God is always with you. If you have doubts or even prayers that you don't have an answer to yet, keep believing and keep praying. Everything is possible for those who believe.