

INTRO

What do you do when pain comes your way?

Below are some possible responses you may have experienced:

- Numbing - I'll deal with it later
- Mulling - How could I have prevented this?
- Venting - I have to let this pain out - NOW!
- Frenzy - It's fine, let's redecorate

Which one do you find describes how you typically respond to pain?

Is there something else not listed that would better describe your response? If so, share what that is with your group.

IDEA 1

Read Psalm 77:1-9

As you read this text, what are you noticing? Do you have any particular reactions to these strong and emotional words?

Do you feel like you can be real and raw with God? If yes, unpack that for the group.

If not, what do you think keeps you from expressing yourself to God in this way?

What from the sermon has encouraged you to bring your laments to God?

IDEA 2

In our humanity, we most naturally look for the escape route, a quick solution, and even platitudes to make us feel better.

Why do you think we can be tempted to offer platitudes to others in their pain?

What have others offered you in times of pain that you have found to be helpful?

IDEA 2

God can handle and invites our lament

There is a pathway between denial and despair that is not a neverending cul-de-sac of sorrow, because it has a direction and a destination.

And, somewhere on this pathway, there's a corner to turn, there's a "but then"

Read Psalm 77:10-20

What are the "but then" moments that remind you of God's faithfulness in your story?

Why do you think it's also important to remind ourselves of and root ourselves in the story of Scripture?

Where would you describe yourself on the "pathway of lament?" Have you begun to bring your unedited feelings to God? Have you been able to turn the corner towards trust? Or do you find yourself stuck in denial or despair?

SPIRITUAL PRACTICE

Take time as a Life Group to write out your own lament psalms.

Start by expressing your unedited feelings to God. (God I feel... You may also find it helpful to ask God questions as part of this - How long O Lord...?)

Next, turn the corner towards trust with a "but then" (But then I recall all you have done...Remember and write out the faithfulness and goodness of God in your story and the story of Scripture)

NEXT STEPS

If you weren't able to finish your lament psalm during your Life Group, take some more time to write that this week.

Once you've finished, consider sharing it with a close friend.