

Prayers of Lament

Psalms 13:1-2, 22:1-2, Lamentations 3:19-22

October 28, 2018

WARM-UP QUESTIONS:

1. Name something that used to be good or better than it is now. What happened to it? Do you think it will ever return to what it was like?
2. Has complaining ever gotten you into trouble? How did it affect your future attitude or feeling about voicing your dissatisfaction?
3. What is a lament? How would you distinguish this from a complaint?
4. When you or someone you know are in deep emotional pain or crisis, how does one deal with it? Do you consider going to speak with anyone and, if so, why that person?

REFLECTION QUESTIONS:

1. In Psalms 13, the psalmist expresses his heart sentiments. What is he communicating? What do you think God feels or thinks about someone who accuses God of hiding from him and then, in almost the same breath, conveys trust and hope in God?
2. In Psalms 22, what gives the author the confidence to speak out to God in this way? What evidence is there of God actually helping the author to articulate this prayer?
3. At Evergreen-LA, we are encouraged to be honest with God because he can take it. But when it comes to our own hearts, is there a danger in being too honest with God?
4. Pastor Jason says, "Lament has an arch, which keeps us from moving to celebration too fast." What do you think he means by this? Why would this arch be important?

APPLICATION QUESTIONS:

1. On a scale of 1 (low) to 10 (high), how honest are you with God about how you feel? Is there anything that keeps you from being more transparent and honest with God?
2. Does knowing that God helps you to articulate your pain influence your perspective on prayers, even when it comes to your rawest emotions?
3. How can our lamenting co-exist with or even inform our joy and hope in Christ? What can we do to remind ourselves of this?
4. Share what God has put on your heart to lament. Spend some time praying together for each other's request.