

In My Feelings

Sadness

SERMON SUMMARY

Lament is an expression of sorrow and grief, allowing us to bring our deepest pains and struggles before God, trusting in His presence and comfort. Through lament, we find a path to healing and hope, acknowledging our suffering while holding onto faith in God's unwavering love and promises.

KEY VERSES

Psalm 13:1-2: "How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?"

SERMON NOTES LINK

<https://bible.com/events/49389909>

DISCUSSION GUIDE

1. Read Psalm 13. This is a Psalm of lament. What themes and emotions do you find in this Psalm?
2. How would you define lament and why do you think it's in the Bible?
3. How does lament lead to hope and healing? Explore the transition from sorrow to trust in God's promises that we see in the lament Psalms (ex. 42, 73, 77).
4. How does God respond to lament in the Bible? Look at examples like Job 38-42, Psalm 34:17-18, Isaiah 61:1-3, Lamentations 3:22-24, 2 Corinthians 1:3-4.
5. Have you ever lamented? How did it affect your faith and relationship with God?
6. Discuss the role of community in lament. How can we support each other through times of sorrow and grief?
7. How does lament fit into our worship practices today? Should it have a more prominent place?
8. On the cross Jesus invokes Psalm 22. Have someone read all of Psalm 22 and simply remember that Jesus knows what it's like to suffer.

PRAYER

Take some time to pray a prayer of lament. Designate someone to open the prayer time by addressing God and designate a different person to close the prayer time by expressing trust in God. In between the opening and closing, allow space for anyone in the group to express their pains and frustrations with God and to ask for help.