

## Checking In

1. Take a few minutes to check in with everyone, see how they are doing, and open with prayer.

## Learning

### *Knowing God*

### **Key Observations**

- *Read: Psalm 13, Psalm 88*
  - What stands out to you about the way the Psalmist expresses his heart to God in these two lament Psalms?

*The desire is for people to pay attention to how raw and unfiltered these prayers are. Honesty of the heart is the central feature. In both Psalms different concerns and complaints are coming before God. Encourage folks to pay attention to both the content of the lament and the tone of the lament.*

- What stands out to you about what the Psalmist believes about God in these two lament Psalms?  
*While lament Psalms are raw and unfiltered, they are still grounded. They are grounded in who God is. The very act of lament signals a belief in God's presence and power. They may be prayers of desperation, but they are anchored in a hope attached to God's character rather than life's circumstances.*

# **Listening**

## *Responding to God*

- In light of this week's sermon spend some time sharing areas of pain and suffering your life. Are you currently in a difficult season in which God is calling you to lament? Have you previously been in a painful season and have a lament yet to be prayed as a result?

*The "Learning" section was intentionally brief this week, so that you can focus your time as a group listening to and praying for one another. Encourage people to express their lament with the group and to God in prayer. Devote time to hearing from and praying for the people in your group who are currently experiencing pain and suffering. Encourage others to consider if they have a lament overdue. Perhaps their lives are not particularly painful right now, but there is unprocessed pain of the past that God is inviting them to lament.*

*Encourage your group not to try to fix one another's pain, correct each other, or give advice. Encourage your group to create space where people can share their pain and be heard and loved. You are inviting your group to lament alongside of those in your group who are hurting (weep with those who weep).*

# **Loving**

## *Obeying God*

- What is happening in my own life right now that I need to share and for which I need prayer?

- This week I am committed to praying for \_\_\_\_\_ about:

## **Checking Out**

- What was most meaningful about this group session for you (*Give each person 1-2 sentences to share*)?
- Close in Prayer and Read Job 1:20-21.