

The Life Challenge

"I came that they may have life and have it abundantly." John 10:10

Series: Shattered
**Title: Remembrance, Restoration, Renewal, Rejection:
The Blended Voice of Lament**
Text: Lamentations 5
Speaker: Cheryl Pauls
Date: October 27, 2019



WARM-UP

Share one thing that stood out to you from this past weekend's worship service.

DISCUSSION

Psalm 69 is a Psalm of Lament. Read it together as a Life Group.

- List all the words/phrases that the Psalmist uses to describe his suffering.
- List all the words/phrases the Psalmist uses to describe God.

How do you reconcile the Psalmist's positive descriptions of God, with his seemingly desperate circumstances?

List the things the Psalmist wishes on his enemies.

- What do you think about this?
- What makes this expression acceptable, when taking the action expressed wouldn't be?

Are you comfortable expressing strong, raw, unfiltered thoughts and feelings to God? Or do you feel the need to be proper and restrained expressing yourself to God? Are there thoughts or feelings you believe are not "acceptable" to bring to God?

- Explain why you "land" where you do on that issue.

What can we learn from biblical laments, like this Psalm 69, about the kind of relational connection God allows and welcomes?

- Before answering this question, read Lamentations 3:1-6 and Psalm 102:5-11 for two other "snapshots" of laments recorded in the Bible.

A reminder that on Sunday, November 17, we will be hosting a Lament Night at the church. From 6-8pm we will be offering an opportunity to participate in a "Stations of Lament" experience. This self guided, interactive journey will invite you to consider areas in which you feel shattered or broken in life, viewing them through the lens of the book of Lamentations. From 8-9 pm will be a contemporary musical worship experience in the worship center, with a focus on lament. We welcome you to take in one, or both, of these experiences as a way of bringing your brokenness before Jesus in an intentional way.