

Home Small Group Lesson
“Why are you sleeping, Lord”
Psalms of Lament

Start It Up

- **Opening Icebreaker:**

*When it came to tears or crying in your childhood, describe how your parents viewed emotion. What was communicated to you? Was crying acceptable? Frowned upon?

Talk it Over

- **Sermon Summary...**

1. **Sometimes God seems unfair,**
2. **...causing us to question,**
3. **...and yet we trust Him.**

As one example of how all 10 Psalms of Lament flow through this process, **read Psalm 60. Notice the **complaints** (v.1-3); the **questions** (v.10); and **trust** (v.11-12)

- Which part of the sermon impacted you, gave insight, challenged you, encouraged you or helped give direction to life?
- How has your heart personally been affected during the last 6 weeks with loss all around us? Do you feel you are walking through grief personally, walking alongside others in grief, or both? Are there unanswered questions you have of God’s work?
- On Sunday, Craig talked about Jewish ***Hutzpah***, where the people would have bold audacity to complain to God. Is there any complaint you feel in your heart where God has got it wrong? Does it feel wrong to admit it or voice it out loud? Explain.
- Craig talked about the **3 common errors in processing grief**. Discuss your thoughts on these and talk about how you normally handle grief. Do you stuff it or express it? If you bypass or avoid the process, discuss why you do.
 - **Bypass** the process, thinking it unnecessary.
 - **Avoid** the process, thinking it unhealthy.
 - **Reject** the process, thinking it unbiblical.
- At our seminar this Saturday we will give practical tools on processing grief and also on how to walk alongside others. Meanwhile, talk amongst yourselves:
 - What is the central cause of grief in your life currently?
 - What do you find most helpful when processing grief?
 - If you have grieved in the past, what are things others have done that help most?

Pray it Over:

- Read the declarations of trust from the Psalms of Lament on the next page and pray them
- Pray for those in your group who are walking through seasons of grief.
- Continue to pray for those in our church, especially Pastor Christian – for God’s blessing.

Forgotten! Ps. 44	Rejected! Ps. 60	Alone! Ps. 74	Abandoned! Ps. 79	Ignored! Ps. 80
<i>In God we boast continually and give thanks to your name forever.</i>	<i>With God we shall do valiantly.</i>	<i>Yet God my King is from of old, working salvation in the earth.</i>	<i>But we your people, the sheep of your pasture, will give thanks to you forever.</i>	<i>Give us life and we will call on your name.</i>
Frustrated! Ps. 83	Lifeless! Ps. 85	Impatient! Ps. 94	Overwhelmed! Ps. 123	Sorrow! Ps. 137
<i>You alone...are the Most High over all the earth</i>	<i>Yes, the Lord will give what is good</i>	<i>The Lord will not forsake his people. The Lord is my refuge.</i>	<i>Our eyes look to the Lord our God, till he has mercy.</i>	<i>O Babylon, blessed shall he be who repays you for what you have done to us.</i>