

Discussion Questions

Sometimes our life experiences cause sadness, pain, and even anger. Part of the Good News of Jesus Christ is that we are invited and even encouraged to express our deepest experienced emotions to the compassionate ear of God, trusting in His goodness and grace. Regrettably, lamenting is a practice that is not often taught or encouraged in Christian circles even though it is a deeply spiritual—even worshipful—activity.

1 How is Christian lament different from non-Christian lament? How might the practice of lamenting be an act of worship?

2 When was the last time you gave a true and full lament to God over a loss, sin, burden, or unmet expectation? How did you go about it? What was the experience like for you? Would you be willing to share that experience?

3 Take a moment to search your heart right now. Do you have any sadness, pain, or anger that you need to acknowledge, admit, and accept? (*In the midst of a pandemic, most of us experienced at least something worth lamenting in 2020*). Whether you're on your own or in a group, consider taking some time right now to write your own personal Psalm of Lament. If you want, try using Psalm 55 as a guide.