



1. What is the difference between the “milk” of the Bible verses the “meat” of the Bible?

a. Read Hebrews 5:12-13. Why must all Christians learn to “eat” the “meat” of the Bible? What is the negative impact of not getting beyond drinking spiritual “milk”?

2. What “meaty” realities do the following verses teach about God? Proverbs 19:21; Ephesians 1:11; and Romans 11:36.

3. Fill in the blanks. Spiritual Principle – Because God _____ over my _____ I _____ stop _____.

4. Read Psalm 44:1-8. Though we learn later in this Psalm that God’s people are in tremendous pain, how are they stirring up their faith to make sure they don’t stop praying? Take time to carefully assess all 8 verses to write our extensive observations.

5. Read Psalm 44:9-16. Why are God’s people so distraught here?

a. What is the heaviest burden on your heart right now?

b. Have you been talking to God about how you’re feeling about it through prayers of lament? Why?

6. Read Amos 3:6; Isaiah 45:7; Lamentations 3:38; Job 2:10. When I am suffering greatly – what can be deeply *troubling* about these verses and what can be deeply *comforting*?

a. Why must we keep the following passages in mind when thinking about God's sovereignty over evil? 1John 1:5; Psalm 92:15; Job 34:10.

b. How has knowing God is in absolutely control over your trauma and pain helped you?

c. Read Hebrews 12:5-11. Why is it wise to seek God in prayer to discern if I'm being disciplined by Him in my suffering?

7. Read Psalm 44:17-22. Had God's people engaged in sinful rebellion against God to provoke His discipline?

a. Name people in the Bible who suffered while living righteous, godly lives.

b. Why is it critical to understand that I can still suffer greatly while living a surrendered life of obedience to God?

8. Read Psalm 44:23-26. What do we learn about praying while suffering from these verses?

a. Why is it so helpful to understand biblical lament when I FEEL greatly distressed from suffering?

b. Why should God's control over all circumstances and pain motivate me to KEEP on praying?
