

Series: Individual Sermons

Speaker: Peter Worrall

Scripture: Psalm 77

Sermon: Lament

Dig Deeper:

1. Which of the specific issues of lament mentioned at the beginning of the message can you relate to?
2. What do you typically do when you are feeling sad? If you are prone to lean into distractions, what are they?
3. When was the last time you cried aloud to the Lord? Is this something you regularly do?
4. Do you have an impatient attitude with God?
5. How often do you purposely stop to give yourself time to think and feel? Do you think you are healthy in this matter?
6. What kind of things from the past can you remember about God to help you in your lament?
7. What kind of things from Scripture can help you to trust in God when you lament?
8. Have you wrestled with God? What prevents you from doing this sometimes?
9. How can you change your focus even when your emotions don't change?

Application:

10. Are there any issues in your life right now that you need to lament? Devote some time to prayer this week lamenting to God.
11. Write a Psalm of Lament. Find instructions at mygracecommunity.org

For further study:

12. Read Lamentations