



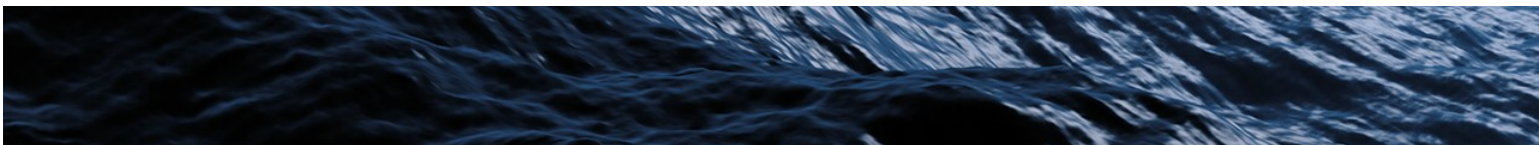
*GOOD
GRIEF*

3-WEEK STUDY

LAMENT IS THE PATHWAY TO
INTIMACY WITH GOD AND OTHERS

WEEK 1

“LEARNING TO COMPLAIN
THE RIGHT WAY”



GOOD GRIEF

WEEKLY READING

Primary text from this week: Psalm 13

Secondary text from this week: Matthew 26:36-45

GETTING STARTED

Goals for this session: To better understand and practice the movements of Biblical lament

Missed the sermon? Watch it at www.youtube.com/venturamissionary

Break the Ice: On a scale of 1-10, how likely are you to cry during a sad movie?

DISCUSSION QUESTIONS

1. Pastor Doug talked about the idea that the American church is often unfamiliar and uncomfortable with the idea of lament. Why do you think that is? What do you think needs to change?
2. What is your experience with emotional pain and suffering? What painful events in your life have shaped your soul and your understanding of God?
3. Do you have any favorite Bible passages that you have turned to in your own seasons of pain and struggle? Share one with your group and describe why it was meaningful to you.
4. When a friend or a family member has encouraged you through the pain of suffering, what are some things you have found helpful or unhelpful?
5. Pastor Doug gave us a pathway to help us complain the right way, including (1) directing your complaint towards God, (2) coming humble, (3) praying the Bible, (4) being honest, and (5) not just complaining. Which of those steps is the most difficult for you and why?
6. Pastor Doug explained the movements of lament as *complain*, *ask*, and *praise*. Have someone read **Psalm 13** and as a group, trace the movement from *complain* to *ask* to *praise*.
7. Have someone in the group read **Matthew 26:36-42**. Trace the movement of *complain*, *ask*, and *praise* in Jesus' prayers in the Garden of Gethsemane.
8. As you think back on God's faithfulness in your own life, where has He proven Himself to be trustworthy?

