



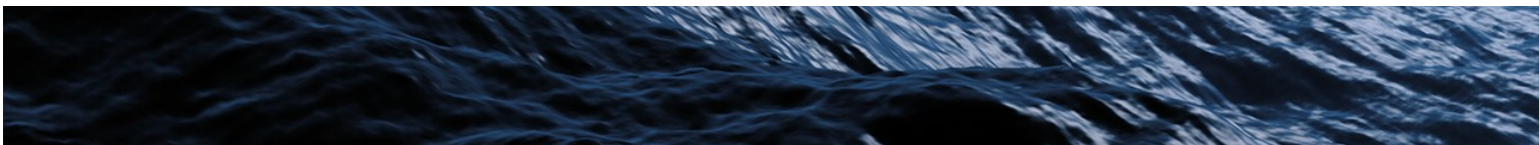
**GOOD
GRIEF**

3-WEEK STUDY

LAMENT IS THE PATHWAY TO
INTIMACY WITH GOD AND OTHERS

WEEK 2

“LEARNING TO ASK GOD
FOR HELP”



GOOD GRIEF

WEEKLY READING

Primary text from this week: Psalm 13:1-6

Secondary text from this week: Luke 11:5-11; Luke 22:39-46; Hebrews 4:14-16

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: When you go through something difficult, are you more likely to be an open or closed book? What have been short-term and long-term benefits and/or drawbacks to each?

DISCUSSION QUESTIONS

1. Pastor Scott talked about how, "Petition is what we do in between our Problem and God's Provision." What "Problem" are you currently facing? What "Provision" are you asking from God? Describe what your "in between" time looks like right now.
2. Read **Psalm 13:1-6**. Where do we see the three movements of lament (Complain/Ask/Trust) in the lament represented? Of the three, which do you find most difficult to express and why?
3. According to verses 1-4, what is the specific problem the Psalmist seems to be facing? When was the last time you felt as if God were not answering you? What did your prayers sound like?
4. Read **Luke 11:5-11**. It is important to note that the point of this passage is not God's hesitancy to answer prayer, but rather the petitioner's intensity in prayer ("shameless audacity"). Our asking matters! God is not bothered by our prayers like the annoyed neighbor, but rather a willing Father who wants to give good things to His kids (verse 13). Talk about this distinction.
5. Describe the last time you prayed with shameless audacity. How did your Heavenly Father provide or respond to your request? Regardless of the outcome, how were you changed through the asking?
6. Read **Luke 22:39-46**. What do we notice about Jesus' prayer (ask) to the Father? How does Luke describe Jesus' emotional state (verse 44)?
7. Have you ever experienced anguish? If so, how did your emotional state shape the content of your prayers? How does Jesus leave His request with the Father (verse 42)? Why is this surrender to the Father's will foundational as we live in between our problems and God's provision?
8. How did the Father care for the Son in the midst of His anguish (verse 43)? In what ways have you experienced God's provision in the midst of fear or anguish?

