



*GOOD
GRIEF*

3-WEEK STUDY

LAMENT IS THE PATHWAY TO
INTIMACY WITH GOD AND OTHERS

WEEK 3

“LEARNING TO PRAISE IN SPITE
OF OUR PAIN”



GOOD GRIEF

WEEKLY READING

Primary text from this week: Psalm 13

Secondary text from this week: Psalm 31:9-14, Psalm 86:14-15, Matthew 26:36-39

GETTING STARTED

Goals for this session: To better understand and practice the movements of lament, specifically praise

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

Break the Ice: Besides a Sunday morning worship service, where are you most likely to be caught singing?

DISCUSSION QUESTIONS

1. We've been in this study on lament for three weeks now. What is one idea you've learned, understood or practiced so far?
2. We have learned about three movements of lament: *complain*, *ask*, and *praise*. How do the first two movements (complain and ask) prepare us to trust God and praise Him?
3. Pastor Doug said that "lament psalms often trace a movement from complaint to confidence in God without ever telling us that the external situation has changed for the better." Does that idea encourage you, challenge you, or frustrate you? Explain.
4. Have someone read **Psalm 13:1-6**. When you think about the Psalmist's statement, "I will trust in your unfailing love," what do you think that actually means? What does it mean to trust God's love?
5. What are some of the barriers that often prevent you from fully trusting God?
6. Have someone read the following Psalms and look for the word **but**: As a group reflect on what the Psalmist is turning *from* and turning *towards*.

Psalm 31:9-14

Psalm 34:19

Psalm 86:14-15

Psalm 129:1-4

7. Share a time when you have experienced a "but God" moment—a time in your life when you have been able to truly trust God despite your circumstances.
8. How do you plan to implement these movements of lament into your life?



GOOD GRIEF

PRAY

Pray for each other: Pray that each member of the group would experience a new freedom in their prayer life and a new intimacy with God as they learn the powerful practice of lament.

Pray for yourself: Ask the Lord to help you identify ways to practice the movements of lament in your own life.

Pray for your four: Identify four people who don't know Jesus (friends, family, neighbors, or co-workers/classmates), and commit to pray for them consistently. Pray that **(1)** God would reveal Jesus to them, **(2)** that God would turn their hearts towards Him, **(3)** that God would put Christians in their path to represent Christ, and **(4)** that God would give you an opportunity to share what Christ has done in your life.

ACTION STEPS

Write a psalm of lament. In week 1, we wrote a letter of complaint to God. This week, practice writing a psalm of lament, complete with each of the three movements: (1) complain, (2) ask, (3) praise. Use Psalm 13 as a guide.

NOTES
