

These notes have been put together to be used in Life Groups alongside the Sunday teaching at Wavertree. You can use all or a section of these notes and adapt them in a way to suit your group.

READ: The idea of God and suffering is one of the big questions we all wrestle with at some point in life.

The bible teaches us trials are a reality we cannot avoid in this life because the whole world is groaning with sin. We are encouraged to remember in heaven there will be no more pain and sadness.

Hallelujah. For now we can ask the Holy Spirit to give us more of God's perspective.

DISCUSS: (15 MINUTES)

- Read together James 1: 1-12
- Share anything that stood out from Jenny's talk
- What stands out to you from this passage?
- How much have you thought about faith and suffering? Would you say you have a good understanding of it? Where are the sticking points.
- Does anyone in your group have an example of suffering which has grown their maturity or deepened their relationship with God?

READ: While James encourages us to find joy in the reality of suffering that does not mean we just smile and pretend all is well. In the talk Jenny mentioned how the bible models lamenting to and with God as we face trials. Lament is defined as 'a passionate expression of grief and sorrow' and allows us to express our emotions and questions honestly to the One who is ultimately in control.

EXERCISE - INDIVIDUALLY OR IN GROUPS: 20 MINUTES



- Read Psalm 13
- Identify the different elements; complaint, request, statement of trust in God
- Individually have a go at creating your own lament about something you are processing at the moment.
- You could do a song, poem, prayer, picture, dance or voicenote depending on space and what you have available.
- Remember to include your complaint and be honest - you do not have to share.
- Lamenting is not a 'one off' thing, you might want to continue at home what you have begun in this session.

FINAL THOUGHTS - 10 MINUTES

- **Share** in 2s or 3s how you found that activity - Was it difficult? Was it helpful?
 - **Pray** God's peace and emotional healing over one-another if it is appropriate
- Remember Jesus came "to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners," Isaiah 61:1