

In a Word...Grief

Discussion Questions:

What is currently going on in your life where you are living in the tension of “God is good, and this is not”? Have you lamented to God about that pressure or frustration? Why or why not?

Do you think you are good at grieving loss? Why or why not?

Do you think the church is good at helping people grieve losses? Why or why not?

What is the most beneficial aspect of grieving losses? What is the most difficult part of grieving losses?

What practical tips have you found helpful in grieving (ie: journaling, listing losses, etc)? What have been helpful for others but unhelpful for you?

Have you experienced any negative effects of ungrieved loss (ie: physical sickness, relational blocks, spiritual dryness, bitterness, etc)? If so, what?

When you read Psalms of Lament, do you find them comforting or uncomfortable? Why?

Does your theology naturally lend itself to being brutally honest with God, even with your hurts and frustrations, or to "clean up" first? Why do you think that is?

What character quality of God do you anchor your audacious hope in?

When we lament, we:

- Turn towards God.
- Bring our frustrations and complaints.
- Boldly ask for help.
- And choose to trust in God.

Will you write a lament prayer to God about your pain and grief right now? Will you share it with someone else? Will you anchor yourself to God’s “hesed” (never-failing love) even when it hurts?

How does the fact that Jesus experienced grief and sorrow make communion more meaningful?