



1. Psalm 88 is the darkest Psalm in the Bible. Heman is going through an extremely difficult season. Have you ever been in a dark season in life, whether physically, mentally, spiritually, etc? How did that season feel?
2. Heman repeatedly mentions crying out to God. What does this persistence in prayer suggest about his relationship with God?
3. When you were in your dark season, did you find comfort in your prayers during that season? If yes, then how?
4. How does Heman describe his physical and emotional state throughout the Psalm? What imagery does he use to convey his suffering?
5. Psalm 88 ends without a resolution or expression of hope, unlike all the other lament psalms. What impact does this ending have on you, and how can you find comfort in the lack of resolution?
6. How does Heman's experience sound like Jesus' experience?
7. The gospel of Jesus does not promise relief of suffering in this life. However, it does promise an eternal relief of suffering after this life. How does our future inheritance in eternity provide relief, strength, and hope for today?