
About This Resource

How do you come to God in prayer or conversation?

How do you express yourself authentically to the most high God?

This five session curriculum will help us learn how to communicate well with God. Our communication can be praise and thanksgiving, it can be seeking wisdom, proclaiming the power and might of God, reaching out through tears and sorrow and or joining together in devotion to Him. It is our prayer that each week we can grow in our honesty communication with God who loves us!

Each session includes (60 – 75 minutes):

- ❖ **Share Time:** An opportunity for people to share where they saw God this week. (7 minutes)
- ❖ **Connection Time:** An activity to grow in relationship with each other. (8 minutes)
- ❖ **Worship:** Songs that speak the truth of the session. (10-15 minutes)
- ❖ **Teaching:** A video clip that dives into the chapter. (10-12 minutes)
- ❖ **Scripture Memory:** Tools to hide the word of God in your heart. (5-7 minutes)
- ❖ **Simple Spiritual Conversation Starters:** Questions that can easily transition to spiritual conversations (10-15 minutes)
- ❖ **Biblical Prayer:** Prompts to pray Scripture back to God (5 minutes)

Full Send Ministry exists to Equip, Empower and Encourage people to live 100% committed lives to God. There are more resources at www.fullsendministry.com

- Daily tools for personal growth and outreach
- Yearly conference information
- Free curriculum



Lesson #3 Lament

What you will need for this lesson:

Setup:

- Have the worship videos and teaching videos pulled up on the computer.
- Prepare the tool for memorizing scripture.
- Put a list of past scriptures on the board to go over.
- Print a copy of the daily tools for each attendee.

Welcome: (Includes Share Time and Fun Friday)

Start your time together by encouraging people to pick a thank you note on their way in. **As we start today I am wondering what do you do when things are going bad? What brings comfort and peace and help when sorrow and sadness come into your life?**

At Full Send we love to celebrate what God is doing and that is why we want testimony time to be a part of every time we get together. We believe that God has been moving throughout the week and want to celebrate with each other where we saw Him. **Before we start talking about Psalms let's share what God has been doing in our lives this week!** After a few people have shared praise God for His movement in your lives.

Worship: (Includes Tune In Thursday)

Listening and singing to God is a great way to connect with Him and hear Biblical truths. Encourage your group to either listen or sing along, whatever is best for them. As they engage with each song there will be a few questions to unpack what they heard and experienced.

Our first song today is Lord From Sorrows Deep I Call (Psalm 42) by Keith and Kristyn Getty - <https://www.youtube.com/watch?v=KYGhnbXtqbU>

- **What do you hear in this song about crying out to God?**

Our second song today is Weep With Me by Rend Collective - https://www.youtube.com/watch?v=C0gApOf_NBw

- **What are some things in this song that you hear about grief and sorrow?**

Word: (Includes Scripture Sunday, Memorize Monday and Watch It Wednesday)

Before we listen to the message from the Lament Psalms let's read one of the chapters together. Read Psalm chapter 22 and discuss what you hear about wisdom/growth understanding.

Today we are going to hear from Stacy Jasper as he helps us understand the Psalms of Lament. <https://youtu.be/L7BCXGZpB08>

Encourage people to take notes on the back of their sheet of daily tools as they listen to the teaching. Ask them what stood out to them from the teaching.

Today we are going to memorize a few verses from Psalm 22. O my God, I cry by day, but you do not answer, and by night, but I find no rest. Yet you are holy, enthroned on the praises of Israel. Psalm 22:2-3. Write these verses on the board and as you memorize a section, erase it and keep going until you can say the whole thing.

Witness: (Includes Table Talk Tuesday)

Now that we have read and studied about the Psalms of Lament we want to be able to apply them to our lives. Challenge the group to answer the questions as they would, then think about how others may answer the question and how they can turn that into a spiritual conversation.

The Psalmists help us understand how to express our grief and sorrow. This world is broken because of sin and because of that brokenness there will be moments of grief and sorrow. I know this can be hard to talk about, but what was the last time you were feeling grief or sorrow? How did you respond to that situation? How did you interact with God during this time?

As we process through these questions we hope that each person is prepared and equipped to use these questions in normal everyday conversations throughout the week.

In our passage today we hear an honest cry from the heart of the Psalmist. Psalm 22:1 says, My God, My God why have you forsaken me? Why are you so far from saving me, from the words of my groaning?

God is the God of love. He knows that you are going through hard times and is there to extend His grace and comfort. Cry out to Him from your pain and suffering and He will answer!

May this section be an encouragement to those who hear it and may the benefits of seeking God be clear!

Closing Prayer: (Includes Seek Him Saturday)

Each week we want to teach people how to pray scripture back to God. Sometimes it is as easy as speaking the text and other times it is using the concepts of the passage to speak what is going on in our lives. **As we finish today we are going to pray the entire chapter of Psalm 13.**

Encourage the group to come back with stories of what God did this week and how He worked through these daily tools.

Scripture: Psalm 44, 22 and 13

Topic: Lament

Scripture Sunday:

Read Psalm 13, 22 and 44 as we learn to Lament this week. What do you find the Psalmist lamenting for? Can you relate?

Memorize Monday:

O my God, I cry by day, but you do not answer, and by night, but I find no rest. Yet you are holy, enthroned on the praises of Israel. Psalm 22:2-3

Table Talk Tuesday:

Talk: When is the last time you felt grief or sorrow? How did you respond? Did you talk to God, why or why not?

Text: My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? Psalm 22:1

Truth: God invites us to come honestly and vulnerably to Him. When times are tough God desires to hear from you and He will be there and respond.

Watch it Wednesday:

Full Send Psalms – Lament – Stacy Jasper - <https://youtu.be/L7BCXGZpB08>

Tune in Thursday:

Lord From Sorrows Deep I Call (Psalm 42) by Keith and Kristyn Getty -

<https://www.youtube.com/watch?v=KYGhnbXtqbU>

Weep With Me by Rend Collective - https://www.youtube.com/watch?v=C0gApOf_NBw

Fun Friday:

Tonight let's spend time with someone that is hurting or broken. If you know someone who is grieving do something with them and walk with them through some of that grief as you listen to their heart. You can also go serve at a shelter or pantry and be a comforting smile to someone in need.

Seek Him Saturday:

Open up to Psalm 13 and pray this prayer to God today!