

Discussion Questions



Key Takeaways from the Sermon

1. **Lament is a biblical and healthy response** to pain, confusion, and frustration with God
2. **God welcomes our honest questions and doubts** - they don't disqualify us or disappoint Him
3. **Lamenting has a process:** Turn to God → Cry out in complaints → Ask for help → Renew trust
4. **God sometimes uses unexpected methods** to accomplish His purposes
5. **The destination of lament is renewed confidence** in God's trustworthiness

Discussion Questions

Understanding Lament

1. Before this sermon, what was your understanding of lament? How has that changed?
2. Pastor Jonathan defined lament as "an expression of sorrow, grief, and mourning" and noted it can include "wailing, complaining, even actions of tearing one's clothes." Why do you think we often avoid this kind of raw honesty with God?
3. Read Psalm 13 together. What do you notice about David's progression from complaint to trust? How does this pattern show up in Habakkuk 1?

Wrestling with God (20 minutes)

4. The sermon stated: "Our doubts don't disappoint God. Our doubts don't define God. Our doubts don't deny our faith. Our doubts don't disqualify us." Which of these truths do you most need to hear right now? Why?

5. Habakkuk was frustrated that God would use the evil Babylonians to punish Judea. Have you ever been confused or upset by God's methods or timing? Share if you're comfortable.
6. Pastor Jonathan mentioned COVID as a shared experience of lamenting. What did you learn about yourself and God during that difficult season?

The Process of Lamenting

7. **Step 1: Turn to God**
What typically prevents you from turning to God first when you're struggling? Where do you tend to turn instead?
8. **Step 2: Cry Out in Complaints**
The sermon distinguished between everyday complaints and lament complaints (vocalizing what doesn't fit God's character). What's the difference? Can you think of examples from your own life?
9. **Step 3: Ask God for Help**
The acronym PUSH (Pray Until Something Happens) was mentioned. Share about a time you had to persistently pray. What did that teach you?
10. **Step 4: Renew Trust**
How does the process of lamenting actually lead to *greater* trust in God rather than less?

Personal Reflection

"Even Though" Statements

Habakkuk 3:17-18 says: *"Though the fig tree does not bud and there are no grapes on the vines... yet I will rejoice in the LORD."*

Individual Reflection (5 minutes):

Complete this statement for your current season:

"Even though _____, I will rejoice in the Lord."

Sharing:

Invite volunteers to share their "even though" statements with the group. This is optional and should be done in a safe, non-pressuring environment.

Practical Applications

This Week's Challenge:

Choose ONE of the following to practice this week:

Option 1: Write a Lament Psalm

Follow the pattern of Psalm 13 or Habakkuk 1. Be brutally honest with God about something that doesn't make sense to you. Include:

- Your complaint/question
- Your request for help
- A statement of trust (even if it's small)

Option 2: Practice PUSH Prayer

Identify one situation where you need to "Pray Until Something Happens." Commit to bringing this before God daily this week, even when you don't see immediate results.

Option 3: Study Lament Psalms

Read one lament psalm each day this week (Psalms 3, 13, 22, 42, 77, 88, 142). Journal about what you learn about honest prayer.

Option 4: Create Space for Lament

Set aside 30 minutes for intentional lament. Find a private space where you can be honest with God - cry, yell, question, complain - then sit in silence and listen.