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Psalm 42 - Lament

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Our definition of lament: *Lament is the language of the space between. It is the space between what we know and what we don't know, between one place and another, between what we experience and what we long for.*

1. In this space between we have language to help us lament.
 - a. Share some of the losses you feel in the COVID-19 crisis.
 - b. Share some of the uncertainties you consider about how life might be different in the future.
 - c. Share what brings you hope for in the future.

2. Read Psalm 42: 1-5:
 - a. What does the Psalmist long for?
 - b. What does the Psalmist remember?
 - c. How does the Psalmist fight for perspective (v.5)

3. Read Psalm 6-11

In these verses, how does the Psalmist hold onto both an honest assessment (the world doesn't work right now) and also be able to fight to see perspective from God?

4. How can we follow the example of the Psalmist and practice Lament? Discuss these two questions:
 - a. What does it look like for you to personally name the weight of when (to honestly speak language into your space between) and also speak language into your fight for a different perspective of hope?
 - b. Where will you choose to look for the good God is doing (grace) around you this week?

5. How can your Community Group help you grow spiritually through Lament?