

The Gift of Lament

Week 1



Discussion: What are some common things you hear people say when someone is going through a painful season?

Common Christian Phrases in Suffering

1. _____
2. _____
3. _____
4. _____

An Invitation from God

- There is a time to _____ and to _____ - Ecclesiastes 3:4
- The Holy Spirit _____ and _____ for you in your suffering – Romans 8:26

What is Lament?

- “Lament stands in the gap between _____ and _____.” Mark Vroegop
- “Lament is _____ in _____ that leads to _____.” Mark Vroegop

Two Questions of Lament

- _____ God?
- If you _____, why _____?

Lament in the Bible

- At least _____ of the Psalms are laments.
- The Book of _____ focuses on the author puzzled over the results of evil and suffering in the world.

Types of Laments

1. _____

2. _____

3. _____

4. _____

What Lament Is Not:

An immediate _____ or _____ to _____ your problems.

DISCUSSION QUESTIONS:

- What are some of the questions and struggles that go through your mind when you are dealing with pain?
- What are some favorite Bible passage that bring comfort and assurance to those who are suffering?