

## A SONG OF LAMENT

*Take a little time to review this week's sermon. Using your sermon notes and your Bible, answer the following questions before the group meeting.*

*Write out your answers so you'll feel more comfortable sharing them with the group. Have a great time!*

### I. Getting to Know You

How did you experience God working in your life this week? How can we pray for you?

### II. Digging Deeper

1. Laments comprise the largest group of songs in the book of Psalms. Do you think that is a general reflection of life?
2. What circumstances led the Psalmist to conclude that God had forsaken him according to verses 1-2?
3. What essential truth is affirmed in verses 4 & 5? How can that help us in our times of struggles?

4. For how long has God been caring for us according to verses 9 & 10? How can that be a comfort?

5. What makes it possible for us to turn our laments into praise according to verse 21?

6. What images of Jesus' suffering for us do you see in this psalm?

### III. Making it Personal

7. Is it ok to cry out to God in lament?
8. How are you facing your current difficulties? How can you get to a place of praise even if your circumstances do not change?
9. What impacted you most from this week's study?

### IV. Prayer