

PSALMS

IN REAL LIFE

Wk 2 · July 31 · Lament



INTRODUCTION

In week two of our series *Psalms in Real Life*, we explore lament. Pastor Jesse walks us through some hard questions: Why did You let that happen? Where are You? When will You rescue me? He guides us through the Psalms – not to sugar coat our problems but to help us walk through tough seasons.

DISCUSSION

1. Many of us ignore, stuff, or sanitize our feelings.

If we **ignore**, we believe our feelings are worthless.

If we **stuff**, we believe we can't trust our feelings, or we don't let anyone see them.

If we **sanitize**, we tend to sugarcoat or focus on the positive.

Growing up, were you given permission to feel and express your emotions or taught to ignore, stuff, or sanitize?

2. The Psalms teach us how to lament: address God, describe our complaint, request His help, and express trust that He can do anything. Which of these are hardest for you?

3. The best thing you can do for your Little Iowa is to live out your life authentically – the good and the bad. On a scale of 1-10, how difficult is this for you? Discuss with your group and pray for one another.

TAKE ACTION

1. If you tend to ignore, stuff, or sanitize your feelings, begin the practice of naming your feelings and offering them to God:

God, I feel disappointed | God, I feel alone | God, I feel rejected | God, I feel sad.

Instead of trying to avoid or numb, sit with your feeling and visualize the Lord sitting there with you.

2. Identify the thing about lament you find most difficult. Spend a few moments each day reflecting on why this is hard for you and what might make it easier.

3. **Read Mark 9:24**, and reflect on the statement, "I do believe – help me overcome my unbelief."

RESOURCES

[Resilient](#) by John Eldridge

[Psalms of Lament](#) by Anne Weems

[Dark Clouds, Deep Mercy](#) by Mark Vroegop

[A Sacred Sorrow](#) by Michael Card