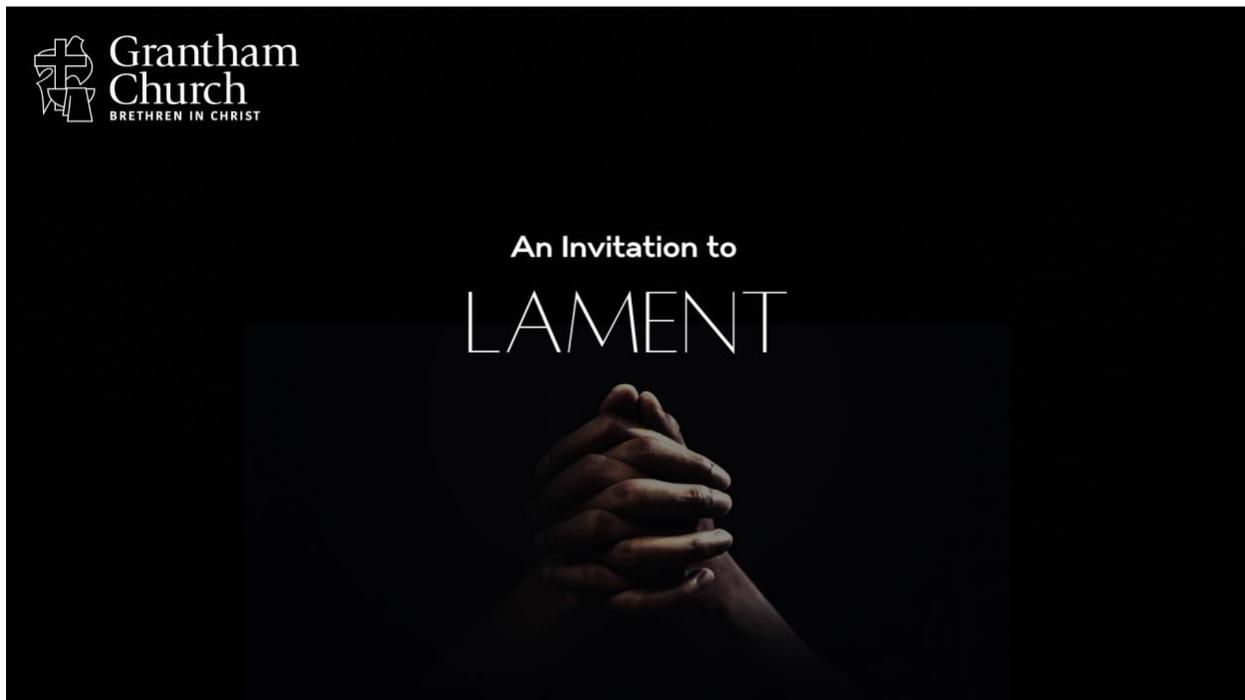


An Invitation to Lament

Small Group Discussion Questions

Join our congregation for worship in-person or online at 10:30 am each Sunday via our [Grantham Church YouTube Channel](#). If you ever miss a message, the sermons are always posted to the [recent sermons page](#) at our website and at the [Grantham Church Podcast](#) the following day, along with the small group discussion questions under Worship Resources. Thank you for staying connected with us!

Sunday, August 8th 2021



Sermon Title: An Invitation to Lament

Scripture Reading: Psalm 6, 13, 22; Matthew 5:4; Romans 12:15; Revelation 21:1-5

Sermon Focus: Lament is not only how human beings express their grief, but it is also a necessary part of how we should express our faith as Christians. Biblical lament is about going to God with our grief, pain, disorientation, and anger. And the book of Psalms is our go-to place in the Bible for helping us to do that. Listen as Pastor David shares why and how we can lament, and then invites us to trust God with all that burdens us.

Thank you for going deeper in conversation with your small group in person, by phone, or video call. Use the following questions to help *guide* your small group discussion:

1. Read Romans 12:15. Pastor David called us to be a church that holds lament and celebration together. This is how we avoid both cynicism and detachment from the problem of evil in our world. How do you understand this verse from Paul? How have you experienced this in your life? How can you grow in this practice?
2. Why do you think American culture doesn't lament and grieve well? How have you seen this around you? Also, what are the negative consequences of not expressing our grief and lament in healthy ways?
3. Read Psalms 6 and 13 as a group. What are some similarities that you notice? How do these resonate with you and your experiences? How do you see biblical laments being different than say someone just venting their feelings?
4. Jesus said, "Blessed are those who mourn for they shall be comforted" (Matthew 5:4). How have you experienced this to be true in your life?
5. Not only are there lament psalms, but there are also imprecatory (vengeful) psalms. But aren't we supposed to love our enemies like Jesus? Is it right to feel this way? What do you do with the anger you feel? Old Testament scholar Walter Brueggemann said we can do one of three things:
 1. Act it out (get violent, seek retribution, buy a gun, etc.)
 2. Deny it (comes out elsewhere, e.g., marriage, family, relationships, etc.)
 3. Give it over to your Divine Therapist

Share of a time that you've given your anger and vengeful feelings to God.

6. Jesus quoted the first couple of verses from Psalm 22 (a lament psalm) to express his feelings of despair and abandonment when he was on the cross. Does it comfort you to know that the Son of God can relate to us in this way? Also, does it help you to know that even Jesus called on God to do something?
7. Be honest before God and your small group as you respond to the following:
 1. What is it that saddens, grieves, or angers you?
 2. What is missing in your life? Name the losses you've experienced.
 3. What do you need to say to God, entrust to his care, and leave in his hands?