



## The Cry of Lament October 5, 2025

What scripture or worship song is your “go to” in times of stress and struggle?

**Read:** *Psalms 3:1–2*

When have you felt outnumbered, betrayed, or attacked like David? How did you respond? What are some practical ways you can focus on God in times of struggle?

**Read:** *Ephesians 6:12*

What “enemies” do you face today—fear, shame, gossip, insecurity, temptation—and how might recognizing the *real* enemy change the way you fight your battles?

**Read:** *Psalms 3:3*

Is it hard to believe God welcomes our laments—our raw, emotional prayers—instead of only our praise? What happens in your faith when you honestly pour out your soul before Him?

What does it mean to you that God is your “shield”? In what areas of your life do you need to start declaring God’s protection and promises instead of your fears?

**Read:** *2 Samuel 7:8–9*

Looking back, how has God protected or provided for you in the past? How can those memories build confidence in facing your current struggles?

We often sing powerful truths about faith on Sunday. What does it look like to *live* those truths—especially when your life feels shaken?

**Read:** *Psalms 3:4–5*

How does trusting God affect your ability to rest—mentally, emotionally, or even physically? What would it look like for you to “sleep in peace” this week as an act of trust?

**Read:** *Psalms 3:8*

What changes when we approach our battles through prayer and worship instead of fear and striving? How can your small group help one another fight from a place of faith this week?