



We're way past inconvenience. Way past re-scheduling the next haircut or those postponed dinner or vacation plans. Every day takes us deeper into isolation, worry, grief. How long can we look for the silver lining? How long before relief comes? We try to keep our chin up, keep it positive, keep on keeping on ... But maybe it's time for some brutally honest conversations with God.

The ancient Hebrews, who wrote most of the Bible, knew how to lament. The book of the Psalms, which was the Hebrew prayer and song book, is replete with songs of lament. Lament is expressing our hurts, griefs and sorrows, and as people of faith, that means bringing our complaints to God. In the modern church we have largely neglected the sacred practice of lament for a variety of reasons. When we lament, however, we open ourselves up to God's healing and renewal, and we walk the path from hurt to hope, even when our painful circumstances do not change.

- Open with prayer.
- If your group is new, give everyone time to introduce themselves.

CONVERSATION STARTERS

- What's your favourite type of bread to eat? What about to bake?
- Have you ever been left behind by someone? What happened? What went through your mind?

REVIEW

Together, open your Bibles and read from **Psalm 13 & Hebrews 4:14-16**.

Share your favourite points from the weekend sermon. What spoke to you? Share a phrase or moment that you related to the most, or a question you may have from the weekend.

DISCUSSION QUESTIONS

- To what extent would you say you are honest with God in prayer? Why is it so important for us to be honest with God?
- Describe something that you are currently struggling with. To what extent do you feel like you have surrendered this to Jesus?
- What does it mean for you to trust in the Lord? How would you help someone going through a difficult situation who said, "I just can't trust God"?
- How does it make you feel knowing that Jesus "empathize with our weaknesses" & has been "tempted in every way"?
- Why do you think David becomes hopeful by the end of the prayer?
- Spend some time sharing the ways in which God has been good to you.
- How do these verses apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other's prayer requests.