



STUDY GUIDE

Refresh 08.16.2020

[setting it up]

When you hear the word “lament,” what comes to mind?

If you are from the majority culture, have you seen other cultures lament? What are your experiences?

If you are from a minority culture, what are your experiences of “western” forms of lament? What are your experiences?

When you experience difficult circumstances, are you prone to chalk it up to “fate” or try to put a happy face on and “have the joy of the Lord?” Or, put another way, do you 🙄 and 😊?

[digging deeper]

This past week, Pastor Josh talked about Christian lament. He defined it as “grieving with hope.” Lament is necessary to experience the fullness of God’s love because Christian lament: acknowledges our brokenness, affirms God’s power, and accepts God’s design.

Read Psalms 3 and 13. What surprises you about these Psalms? Would you feel comfortable praying in this way?

Read through Lamentations 3:19-26.

Verses 22-23 tells us “The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.” What ways can we be reminded of this truth a) every day, b) when we sin, c) when disappointment comes, and d) when tragedy strikes?

Verses 25-26 say, “The LORD is good to those who wait for him, to the soul who seeks him. It is good that one should wait quietly for the salvation of the LORD.”

Waiting is hard for everyone. Are you currently waiting for something? What are helpful ways that you have found to help you wait on the Lord?

Jesus lamented our sins in the Garden, but he also paid for them on the cross. That is why Christians should grieve but with hope. What are the benefits of being reminded of Jesus’ lament?

(over)

[living it out]

How have you seen lament improperly used?

Pastor Josh explained that the process of lament is to look in, look back, look ahead, and next step. The questions Pastor Josh posed were:

- Look in: How am I doing?
- Look back: What has God done?
- Look forward: What will God do?
- Next Step: What is my next step?

Which one of these are most difficult for you? Which one do you tend to get stuck on?

Spend some time as a group to pray through the above process of lament.