Take Heart: More Like Jesus
John 11:17-37
May 18th, 2020
Pastor Elyse Aguirre

Questions for Discussion/Reflection

*COVID-19 Note: This is a unique but important time to stay connected. Consider calling a friend, setting up a Zoom call with a couple people, or using these questions at the dinner table to discuss the sermon. Contact Pastor Elyse (elysea@lifespringchurch.org) for detailed Zoom instructions.

Sermon Outline
Lament: A form of prayer, The intentional expression of sadness before God
3 Ways Practicing Lament Makes Us More Like Jesus:
1. It fosters closeness with God
   • Blessed are those who mourn for they will be comforted. -Matt 5:4
2. It puts our emotions in their proper place
   • In your anger do not sin. Do not let the sun go down while you are still angry. —Eph 4:26
3. It is a form of love for others
   • Jesus wept. -John 11:35

Lord, hear our prayer.

Sermon Discussion Questions
• (Ice breaker) The movie Inside Out was used as a sermon illustration. What is your favorite animated movie of all time?
• Which comes more naturally to you in your prayer life: Expressing gratitude or expressing lament?
• Discuss this quote from Eugene Cho: “We are prone to jump from A-Z real quick. We’re prone to jump to recovery & reconciliation, joy, hope—we want to expedite the process. When we’re not sitting in lament, we’re actually robbing ourselves of the transformative work that God wants to do in us.”
• Historically, what has your relationship been like with your emotions. How have you grown or changed in this area over time? Did anything from the sermon challenge your current thinking?
• Discuss the spiritual significance of Jesus weeping over the death of Lazarus.
• We concluded by practicing the prayers of the people. What groups of people would you have added to the list?
• Any other points from the sermon your group would like to discuss.