



Sermon Discussion Questions – February 28, 2021

Opening

- How have you experienced a season of disappointment or loss in your life? What was that experience like for you?

Discussion

- [Read Psalm 13](#). The following questions build on the four steps of lament outlined in Eric’s message.
- 1. Turn to God.
- Lament starts with turning to God, not talking about God. What would you say is the difference? What challenges do you face about turning to God when life gets hard?
- 2. You bring your complaint.
- When it doesn’t feel like things are getting better, how can we stay motivated to *continue* to pray?
- 3. Ask boldly for help.
- God isn’t going to change the past. What kind of help won’t he give? How does that shape how we pray in the midst of our lament?
- 4. Choose to trust.
- Jesus was described as a “man of suffering, familiar with pain” ([Isaiah 53:3](#)). What about the betrayal, pain, and death of Jesus resonates with your experience of lament? How can meditating on Him help you trust God in the midst of your suffering?

Closing

- In a time of prayer, read through [Psalm 13](#) slowly together. After verse 2, verse 4, and verse 6, pause and give everyone an opportunity to pray out loud in response to the verses just read.