

INDIVIDUAL LAMENTS



Warm Up 1: Have you ever shouted at the sky? Howled at the moon? Screamed into a pillow? What do you do when you've got a lot of negative emotions inside of you?

Read Psalm 142

1. Look at verses 1-2. God already knows all our thoughts and feelings, so what's the point of actually saying them to him? Is this your instinct when you're going through a hard time, or are you more likely to shut God out?
2. Look at verses 3-4. The psalmist is feeling alone and opposed. Can you relate to these feelings? Who do you have in your life that you can reach out to when times are tough?
3. Look at verse 5. The psalmist turns to God for protection (refuge) and provision (portion). Who or what do you turn to when you're struggling, perhaps to distract or provide short-term relief? What does it look like to actually turn to God as your first instinct?
4. Look at verses 6-7. This psalm of lament finishes on a hopeful note (as most of them do). The psalmist anticipates a time when God will set him free and bring him into the company of God's people, at which time the psalmist will praise God.
 - When is a time when God has helped you through a challenging time, for which you want to praise him?
 - If you are in a challenging time right now, what would it look like for God to bring you out of it? (i.e. for the psalmist it was to be "free" and in the fellowship of God's people)

Individual Prayer: Take a moment to (silently) pray a really honest prayer to God about your life right now, including any challenges, issues, opposition or disappointments you're experiencing.

Group Prayer: Is anyone in a particularly tough situation right now, or feel like you've been waiting a long time for God to act? As a group, pray for that person and ask God to be their refuge and portion.