



## 06/07/2020 "The Power of Lament"

1. What challenged you most from Sunday's message? Why?
2. Read Psalm 55. Describe the progression of thoughts or themes that the author has in this psalm.
3. What emotions from the psalm can you relate with?
4. Laments are one of the most common forms of a psalm. What is the purpose of a lament?
5. Do you feel comfortable lamenting or complaining to God? Why or why not?
6. Do you tend to turn to God or away from God in times of trouble?
7. What kind of requests do you often make of God when you feel things are out of control or unjust?
8. The author is convinced that God will hear him. Do you think this is realistic? Would you agree with the author's position?
9. What types of things give you confidence that God will hear you?
10. Pastor Derek talked about the need to lament our national situation, the division, racism, and pain. In what ways do you need to lament over racism—is it on a national basis, a community basis or a personal basis?
11. Read Ephesians 2:14-16. Paul speaks about two groups of people who faced long standing division and inequality. Why is this passage important to our understanding of diversity? To our understanding of the Christian community?
12. In what ways do you need to grow in your understanding of racism and bring the peace that Jesus created?