

SERMON NOTES

Date: October 18, 2020

Title: Lament, a Necessary Grace

Text: Selected Scriptures

Big Idea: Biblical lament is a grace that helps Christians grieve pain and loss while leaning into God with a heart of worship and trust.

APPLICATION GUIDE

DISCUSS

How would you define lament? Explain your perspective on its usefulness in the Christian life.

Read Psalm 3 and answer the following questions:

- How did David describe the sorrow he was experiencing?
- What did he ask the Lord to do about his need?
- How did he ultimately express trust in the Lord?

What can we learn about how to lament from David's example? Also consider Psalm 51 and 77.

Share your own experiences with grief that have shaped your soul and view of God.

APPLY THE TRUTH

Instead of turning to God with our sorrows and griefs, we may turn to temporary and insufficient comforts such as sleep, work, sports, entertainment, or food. What false saviors do you turn to for comfort? Explain why.

Why are these things incapable of truly alleviating the pain and sorrow you feel?

How is turning to God for comfort through lament a better solution?

Think through your sources of sorrow and try writing a biblical lament to the Lord.

- Cry out to God:
- State your plea:
- Commit to praise and trust in the character of God:

COMMIT THIS WEEK

Be aware of those in your life who may be lamenting. How can you join their lament in helpful ways? How can you avoid being unhelpful?