



HOME CHURCH LIVE

[HOME CHURCH LIVE - Disappointing Faith]

This week Tammy & Pastor Josh Lo were able to share their experiences in events and areas where it felt like God had disappointed her and their family. While we might not all have the same stories, we believe that we have all had our fair share of disappointments or missed expectations with the Lord or the body of Christ. This week we will delve into how King David processed his anguish with the Lord and how the Lord responded in those times. We encourage you to facilitate your lifegroups and home churches with creative ways to process individually and corporately through the use of journaling, drawing, writing their own psalms or songs.

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LOOKING BACK:

FAMILY TIME (25 min)

- Vision Statement: Explain the vision of lifegroup/home church!

- Praise Reports & Prayer Requests: Share one of your facetimes or one encounter with Jesus this past week that you were really thankful for. What do you need prayer for this upcoming week?

LOOKING UP:

WORSHIP (10 min)

- Spend time in worship together.
- Some possible song suggestions focusing on praise the faithfulness of God

Man of Your Word:

<https://www.youtube.com/watch?v=0TrVCZF-4pl>

Christ Be Magnified:

<https://www.youtube.com/watch?v=uwnJndNn6dM>

Goodness of God:

<https://www.youtube.com/watch?v=lvSuGyJ06oM>

BIBLE STUDY (25 min) :

Psalm 6 is the beginning of seven penitential psalms that articulate the disappointments that King David had through a time of confession and humility. This psalm focuses on a time when David was ill. It is not clear when he wrote this (perhaps it was when Absalom tried to become king (2 Sam. 15:14) or when King Saul tried to kill David (1 Samuel 19:18)), but from the first verses we can see that David is sick and in deep anguish.

Let's take a deeper look at Psalm 6 [NIV]

1 Lord, do not rebuke me in your anger or discipline me in your wrath.

2 Have mercy on me, Lord, for I am faint; heal me, Lord, for my bones are in agony.

3 My soul is in deep anguish. How long, Lord, how long?

4 Turn, Lord, and deliver me; save me because of your unfailing love.

5 Among the dead no one proclaims your name. Who praises you from the grave?

6 I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears.

7 My eyes grow weak with sorrow; they fail because of all my foes.

8 Away from me, all you who do evil, for the Lord has heard my weeping.

9 The Lord has heard my cry for mercy; the Lord accepts my prayer.

10 All my enemies will be overwhelmed with shame and anguish; they will turn back and suddenly be put to shame.

Share from these questions:

- 1) What strikes you/stands out to you from this passage?
- 2) The Lord did not necessarily answer David immediately after this prayer, but it was crucial that David was able to voice out his disappointments.
 - i) What are some of the areas where you haven't been able to process with the Lord regarding disappointments?
 - ii) Which verse are you in personally? (Are you in the beginning stages of voicing out your experiences? Are you in the middle? Are you assured in his power to overcome?)

LOOKING FORWARD (20-30 minutes in small groups)

We all process differently! So use this time to challenge your members to find their own sweet spot in connection with the Lord. Some people might be at the first stage of being open and honest with the Lord and that's okay! Let them start the process in a safe space. Some might be in the middle and some might be already coming towards a resolve. Either way let us sit in the presence and just be. Take your time to develop a personal psalm of your own (see some examples below), draw or create something that represents the experiences that you need the Lord to intervene in. It's okay to not come to resolve at the end of this time, but encourage each other that the Lord wants to restore hope in the midst of pain and disappointments.

Writing your own personal psalm:

<https://mysonginthenight.com/songwriting/how-to-write-a-personal-psalm/>

Close this time with re-reading Psalm 6 or even reflecting on some of the work your groups have done together.

KIDS LESSON SUGGESTION

We believe that Jesus loves to speak and listen to his children regardless of how old they might be! Our kingdom kids have the same Holy Spirit inside of them as the adults do and even have some of the same types of disappointments that we do as

well. Let's take time together to create a safe space for the children of God to process some areas of hurt or disappointment to the Lord knowing that it's okay to communicate with Him through the pain.

Psalm 42:6-11 (MSG) (feel free to read the whole psalm or just 9-11 depending on your kingdom kid's reading level!)

6-8 When my soul is in the dumps, I rehearse everything I know of you,

From Jordan depths to Hermon heights, including Mount Mizar.

Chaos calls to chaos, to the tune of whitewater rapids.

Your breaking surf, your thundering breakers crash and crush me.

Then God promises to love me all day, sing songs all through the night! My life is God's prayer.

9-10 Sometimes I ask God, my rock-solid God, "Why did you let me down?"

Why am I walking around in tears, harassed by enemies?"

They're out for the kill, these tormentors with their obscenities,

Taunting day after day, "Where is this God of yours?"

11 Why are you down in the dumps, dear soul?

Why are you crying the blues? Fix my eyes on God— soon I'll be praising again.

He puts a smile on my face. He's my God.

1. What stood out in this Psalm?
2. Have you felt that your soul has been "in the dumps" this season?
3. Do you sometimes feel disappointed/let down with the Lord?
4. What are some of the things that you want to say to Jesus during this time?
5. **Weekly Challenge** - Create your own song of lament/crying out to the Lord. It doesn't have to be long, but let your children fill out the content! Help direct them by taking some time to verbally ask Holy Spirit to give words and revelation. Be creative and find some alternative ways to create the Psalm through things like drawing, crafting, or even dancing.

WRAP UP:

- Explain in some simple ways that it's okay to not feel completely okay at the end of this time. The Lord wants to continue to speak and heal throughout the weeks,

months, and entirety of their life! However, wrap up this time by praying for this complete healing/answer to come to them in these next couple of days/weeks.