

# Week 3: Introducing Lament

## Intro Question (15 min)

1. What stood out to you as you reflected on Joseph's story?
2. What did you learn about experiencing and facing pain?

## Introducing Lament (30 mins)

1. During hard seasons, the practice of lament can be really helpful. The definition of lament is: "a passionate expression of grief or sorrow." Throughout scripture we see these moments when God's children cry out to him (whether out of pain or fear, for justice, or because they can't see or feel his presence).
2. Why do you think this practice of lament might be so important?
  - a. We're able to face our pain instead of running away.
  - b. It gives God a chance to meet us where we're at.
  - c. It gives us permission to not be okay.
3. When we can be honest with how we're feeling and bring these things to God and community, it actually opens up the space for God to meet us in these places.
4. As we practice lamenting together, let's choose to not minimize, discount, find the silver lining in, or "reframe" our pain too quickly. And let's definitely not do this to each other. Instead, let's give ourselves and each other the permission to sit in our feelings and to be honest about how we might not be okay.
5. Listen to an example of a lament: Psalm 143
  - a. Streetlights version:
    - i. We'll listen to it two times.
      1. The first time, just soak it all in.
      2. The second time, ask God to highlight a key word or phrase for you to focus on. What does this word/phrase mean to you particularly in this season?

- b. What did God highlight for you and what did this mean to you? (give everyone 30-60 seconds to share briefly on this).

## Small Group (45 mins)

1. Discussion Questions (20 min):
  - a. How do you feel about the practice of lament?
  - b. What keeps you from lamenting (whether on your own or with others)?
  - c. What makes it hard to just sit in pain instead of moving quickly to minimize, reframe, or try to fix it?
  - d. How can we create a safe space here for each of us to embrace the areas where things aren't okay and to bring each other to God?
2. Write your own lament (10 min):
  - a. What is causing you pain right now? In what ways is the world not the way it's supposed to be?
  - b. What do you want God to know about this situation? What do you want him to do?
  - c. What do you know to be true about who God is, whether from Scripture or past experiences, and how does that affect how you might view your current situation?
3. Share and pray together (15 min):
  - a. Invite each person to either read their lament, if they feel comfortable with that, or share about what they wrote.
  - b. Then have 1-2 people pray over that person and the lament they shared, remembering to focus on holding that pain with that person instead of trying to fix it.

## Weekly Exercise

1. To help us become more aware of our feelings and how the events of the day may be affecting us, ask yourself these questions at the end of each day:
  - a. What made me happy today?

- b. What made me sad?
  - c. What am I grateful for?
- 2. Finalize the lament you started writing.