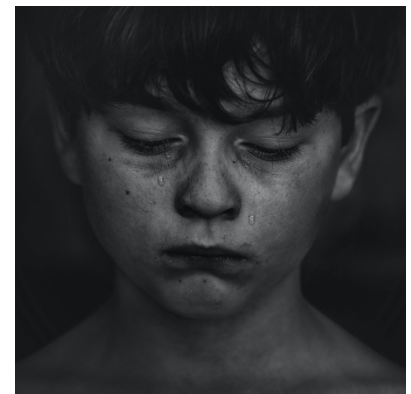




Discussion questions for personal or growth group use:

Reading: Psalm 22

Opening activity: Use the attached page to help you write your own Psalm of lament. If you're meeting with your Growth Group this week – and if you feel comfortable doing so – you may want to share your Psalm with the group.



Question 1: As you read Psalm 22, what are the things that first spring to mind as to what David was thinking and feeling when he wrote it?

Question 2: In our culture, we are not very good at recognising or showing our emotions and this is true in Church too. James used the comparison between Lament and Complaint to help understand what God calls us to do with our emotions, can you think of a time where you have lent more towards complaining to God rather than lament?

Question 3: As you reflect on your own worship and prayer, do you find that you lean towards lament or towards praise? How might you give space for the other in your relationship with God?

Question 4: Jesus expresses his emotion in the garden of gethsemane – weeping and falling on his face before God. How does his example encourage us to lament and be honest before God? Is this something you find easy to do?



Lament

SIT with God

SHARE his pain

In SOLIDARITY with
others

→
Lament leads to HOPE

Question 5: James shared three ways to engage with Lament, SIT with God, SHARE his pain and in SOLIDARITY with others. How do you relate to each of these elements of Lament, do you find one easier than the others?

Question 6: Psalm 22 concludes with words of hope, looking forward to Jesus and the new heaven, how do you think lament can lead us to Joy?

Supplementary activity: Psalm 22 contains many references to Jesus – in particular the final hours before his death on a cross. Spend some time looking through the Psalm and try and identify the many references. Allow God to speak to you as you do it and reflect on his suffering and lament.