

STUCK IN MY HEAD

WEEK 4 GROUP GUIDE

Lament

MESSAGE RECAP

Psalm 22

Lament is a biblical way of bringing our pain, grief, questions, and disappointment honestly to God. Instead of rushing past our pain or getting stuck in it, Scripture gives us a third way: Turning, Naming, Asking, and Trusting. Psalm 22 shows us a great example of this.

Lament doesn't mean losing faith. It means bringing our honest emotions to God while continuing to trust who He is. We don't have to wait until our pain is resolved before experiencing God's comfort. God invites us to bring Him the mess and allows us to hold two truths together: the world is broken, and God is still trustworthy.

Jesus even tells us that those who mourn will be comforted (Matthew 5:4). He will sustain us. He will comfort us. He will hold us. No matter what.

GROUP DISCUSSION

- How was your week?
- When you experience pain, do you tend to rush to be okay, or sit in the pain for too long?
- Read Psalm 22:1-5 together
 - What does it look like to turn toward God in the middle of pain rather than away from Him?
 - Do you find this to be easy or a struggle?
- Have you ever tried bringing your anger and frustration to God? What was that experience like?
- Read Psalm 22:19-24 together
 - The Lord invites us to ask for what we need. Does this feel easy or difficult for you?
 - Where have you felt this tension in your own life?
- Even though nothing changed in David's circumstances, He continued to praise the Lord. What does it look like to fully trust and follow the Lord- not knowing how your situation will turn out?
- Lamenting gives us permission to be honest about what hurts us, without giving up hope in who God is. Where can you apply this in your life today?