

Life in the Minor Key – Psalm 13

1. A Biblical lament is a prayer in pain that leads to trust in God.

2. Biblical laments are rooted in the desperate cry of a hurting heart that looks to God for action and answers.

3. Biblical laments trust the character of God even in the midst of pain.

Questions for Discussion & Application:

1. What was difficult, helpful, or challenging from this study of God's Word?

2. What is the difference between sinful grumbling and Biblical lamenting?

3. Have you ever experienced hurt in your life where you needed to lament?

4. Did you respond to this hurt with Biblical lament or in some other way?

5. What would it sound like to lament over this hurt? What things would you say to God?

6. Why would lamenting before God bring us comfort and healing even when the painful circumstances haven't changed?
7. Have you experienced this comfort and healing from God? How?
8. Why is it important that we allow faith-filled grieving and lamenting to be expressed in our church community and Christian friendships?
9. If we do not give a place for lament in the church, then Christians may feel forced to hide their pain and our community will miss the opportunity to speak the hope of the gospel into the reality of pain and hurt that happens in our broken world. What are your thoughts on this statement?
10. How can we give place for Biblical lamenting in our own church community?