

WORSHIP IN THE PARK

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LAMENT IN A TIME OF LOSS

Read the text: Psalm 13

How long, O Lord? Will you forget me forever?

How long will you hide your face from me?

How long must I take counsel in my soul

and have sorrow in my heart all the day?

How long shall my enemy be exalted over me?

Consider and answer me, O Lord my God;

light up my eyes, lest I sleep the sleep of death,
lest my enemy say, "I have prevailed over him,"

lest my foes rejoice because I am shaken.

But I have trusted in your steadfast love;

my heart shall rejoice in your salvation.

I will sing to the Lord,

because he has dealt bountifully with me.

Today, Doxa joined with believers and churches from across the Eastside as One Church worshipping our King. Pradeepan and Amreitha Jeeva, from Kalos Church in Bellevue, reminded us of the importance of lament in seasons of loss like we're experiencing right now. The Father invites us to bring our cries of pain to Him and is not annoyed by our need. And when we truly lament, God is faithful to move us towards hope in His salvation and steadfast love for us.

Discussion Questions:

These questions are written for DNA groups, but you can use in any setting, including missional communities. Because they were written for the intimacy of DNA friendships, you may need to adjust for larger groups.

1. Most of us are ready for 2020 to be over. We're looking forward to things moving back to some semblance of "normal," whatever that will be, and may be tired of thinking about loss. The reality is, if we don't truly lament what we have lost, we can't really look forward with genuine hope to what God will do in the future. What do you need to lament from this past season of life?
2. The difference between complaint and lament is that lament moves towards God, while complaint moves away. Amreitha said, "Instead of moving us away from God, lament moves us toward Him." Have you brought your lament to God? When you are experiencing pain or sorrow, do you cry out to God in lament? If not, why do you think that is? How do you think God feels about you in those moments?
3. Lament vocalizes our pain while still believing that help is on the way. As we bring our lament to Him, God is faithful to remind us that He will take care of us. The proof of this is that He has already given His own Son for us, who has died in our place to pay the penalty for our rebellion and has risen again from the dead, defeating death for us! Take some time to meditate on this good news. What part of the Gospel is especially good news to you in your pain? Share with each other how the Gospel is good news in tangible ways to you in your pain.
4. Take some time to practice lament together. Be honest about your pain. Identify your loss and cry out to God for help. Ask God to move your heart towards trust in His steadfast love for you.