

WEEK 2: WHAT DOES LAMENT LOOK LIKE?

Rediscovering Lament

Main Theme of the Week: What does lament actually look like?

DAY 1: GOD IS NEAR THE BROKENHEARTED

Read: Psalm 34

Reflect & Pray: Praise God for being near the brokenhearted and hurting. Surrender the hurts you are holding onto to God. Pray for the Gospel to bring healing to yourself and those around you.

DAY 2: HONESTY WITH GOD

Read: Psalm 42, Psalm 86, 1 Peter 5:6-7,

Reflect: How does David and the Psalmist talk to God? Why should you be honest with God? How does God respond to our feelings? How do you feeling knowing God will love you no matter what you are facing or feeling?

Pray: Take a moment to be honest with God about your struggles and feelings (the good and the bad). Re-read one of the above Psalms and pray for comfort and peace. Pray for patience and grace to grow in trust for God and His Sovereign plan.

DAY 3: SUFFERING IS GUARANTEED

Read: James 1:2-4, Romans 5:3-8

Reflect: Is there any good that comes from suffering? What do you turn do when you go through trials or suffering? Did those things brings comfort and healing? Or did they bring more suffering? Why?

Pray: Praise God for the endurance you've gained and how your faith has grown through suffering. If you have not had those experiences, pray for God to building endurance in you in anticipation for when suffering does come. Pray for those in your life who are hurting- if they know Christ, pray for strength and endurance. If you they do not know Christ, pray for God to be revealed and bring comfort during this time.

DAY 4: THE STORY OF JOB

Read: Watch the Bible Project: Overview Job video on youtube to familiarize yourself with the story of Job. Read Job 1, 2, and 42: 1-6

Reflect: What stands out about the story of Job? What does this story tell you about the character of God? What does it tell you about man? What does it tell you about suffering?

Pray: Pray that grief and suffering lead you closer to God. Pray for peace and trust for yourself and those who are hurting in the world. Pray again for patience and grace to grow in trust for God and His Sovereign plan. Pray again for the person(s) from Day 2.

Day 5: What does lament look like? Join us Sunday morning over Zoom for our All House Church Worship Gathering with live music and teaching. Share with at least one person what the Lord has revealed to you this week.