



# SERMON DISCUSSION GUIDE

*Worship | Community | Mission*

## “The Importance of Lament”

*Luke 19:28-44*

Make sure you take time to hear from one another and pray.

- How does hearing this sermon about lament affect you spiritually, emotionally, or relationally with God and those around you?
- Lament has been defined as “a spiritual discipline that assists the sufferer to reconstruct meaning after the disorienting effects of the suffering.” Most psalms of lament contain similar structural elements such as a complaint to God, a plea for deliverance, and affirmation of trust in God. When we are wrestling with existential questions in the face of grief, loss, or disappointment, we may have difficulty finding a voice to express our experiences and emotions.  
***Would you write out your own lament?***

### **Some suggested prompts to begin writing your own lament psalms:**

- How long...?
- I call out to God and...
- My situation is...
- I feel...
- My soul is...
- I wonder...
- Why, God, do...
- Deliver me, God, from...
- I ask or plead...
- However, I ... because...
- I will remember...
- I am confident that...

### **Sermon Points:**

**By engaging in biblical lament, we can renew and strengthen our faith in.**

#### 1. What is lament and where do we see it in Scripture?

- *To lament is to offer very honest questions, complaints, and requests, to God, with faith in His often-invisible goodness.*
- *By engaging in biblical lament, we can renew and strengthen our faith in Christ.*

#### 2. Why don't we lament more?

- *“Grumbling calls God’s character into question. Lament, on the other hand, calls God’s character into action.” J.R. Vassar*
- *We really can be brutally honest with God while maintaining the belief, deep down, that God is good.*

#### 3. Why should we lament now?

- *To renew our trust in the Lord*
- *To strengthen our witness to the world*
- *When we lament; it becomes easier to believe God knows how we’re feeling – because it is easier to believe we’ve been heard. Being heard matters.*
- *When we spend all of our energy trying to put a silver lining on things, we miss an opportunity to show the world that even when we’re hurting, confused, sad, angry, and desperate... we still trust God.*