

## Amen-Prayer & Lament

**Text:** Psalm 13

**Purpose:** Lament is God's openness to our expression of regret, grief or sorrow. Through lament we learn that we are not able to handle pain alone and God is willing to meet us in our pain.

**Opening Question:** *What are some healthy things you've done to cope with this season of life?*

**Read and Discuss:** Psalm 13

1. *Describe the emotions David is feeling in vs. 1-2?*
2. *What do you think God's response is to David as he is expressing his sorrow to God?*
3. *Are there times when it is safe for you to talk to God about grief, sorrow and pain?*
4. *How is vs. 3-4 different from vs. 1-2?*
5. *Why is it important to express painful emotions to God? Why is it important to also move toward a plea for help?*
6. *What would we miss out on if we didn't express our grief to God? What would we miss out on if we didn't plead for help?*
7. *What is the result of David lamenting in vs. 5-6?*
8. *What's one thing you are grieving today? What's one thing you would ask God to do? What's one thing you would praise God for?*