
Date: January 21, 2024 **Message:** Responding to Exile with Lament

Series: Exiled **Scripture:** Psalm 13:1-2; 30:4-5; 39:12-13; 126:4-6

Questions for Reflection and Discussion

Psalm 13:1-2; 30:4-5; 39:12-13; 126:4-6

1. Expect sorrows

2. Harvest your sorrows

3. Pray your sorrows

1. How would you define lament, and what is your perspective on it or personal experience with it?
2. Why do you think lament is such a prominent theme in Scripture?
3. What do people lament while in exile, whether in Scripture or today?
4. How is lament connected to faith and trust?
5. What are some similarities or differences between Christian lament and worldly lament?
6. Is it ever wrong for a Christian to lament? Why or why not?
7. Are you ever reluctant to voice your complaints or frustration to God in prayer? Why or why not?
8. What might it mean if you are a Christian and don't particularly feel a need to lament your status as an exile in this world?
9. What does it mean that those who sow in tears shall reap in joy (Ps. 126:5)? Why is this an important promise for believers?
10. How does the cross of Christ become the ultimate anchor and resolution for our suffering, pain, or frustration while living in the midst of exile?