

GROWTH GUIDE

For you. Your family. Your group.

LAMENT 101 | PSALM 10
FOR THE WEEK OF JANUARY 1, 2023

SERMON OUTLINE

1. An address to God (Psalm 10:1)
2. A complaint (Psalm 10:2-11,13)
3. A request (Psalm 10:12,15)
4. An expression of trust and/or praise (Psalm 10:14, 16-18)

GROUP DISCUSSION

1. Check for understanding: Refresh the group on the 4 elements of Biblical lament. Why is including each section important? Is there an element you think is easiest for you to leave out as you wrestle with suffering (or have wrestled in the past)? Give some examples of the types of things it would be helpful to write a lament about.
2. Looking back at the passage and your notes, what was something that you heard for the first time, caught your attention, challenged you, or you have questions about?
3. When you think about writing your own lament, what's your attitude about it? Excited to try it? Willing to give it a go? Never going to happen? Explain why you answered the way you did.
4. Lament is one way we draw near to God when things aren't going well. What other tools or ways can we draw near to God in trials? How about the opposite, how do we draw near to God when things are going really well?
5. Read Psalm 88. Pastor Jeff mentioned that it's the only Lament Psalm that doesn't have a "turn" of some kind. Why do you think that is? Why is it still included in Scripture? What is helpful about Psalm 88 for you, or what lessons can we still learn from it?

BREAKOUT DISCUSSION

1. As you look back on 2022, how did God grow you to be more like Jesus? If you can't think of anything, why do you think that is?
2. What spiritual goals do you have for yourself in 2023? Have you set goals for yourself in the past? Why or why not? If you don't have any yet, try to come up with at least one area you'd like to grow.

PRAYER POINTS

1. Praise God for delivering us through 2022!
2. Pray that our church would pursue Him all the more in 2023 and for His work to be multiplied through us.
3. Ask God to help us draw near to him as we experience the trials and hardships of life.