Sermon-based Growth Group
Psalms: Songs from the Heart
Part 7: Lament
Questions
June 5, 2022

Introductory Discussion:
What from Sunday's sermon did you find most helpful, or eye-opening, or troubling (pick any or all of the above)?

Discussion:

1. **Is it ok to complain to God?**
    a. **How honest can you be with God about your feelings?**
    b. **Is there anything that is wrong to say to God?**
2. **Why is it important that you pour out your heart to Him in order to find true refuge?**
3. **In Psalms 42:9, the psalmist says, "Why have you forgotten me?" Is He right?**
    a. **Then, why is it okay to say it?**
4. **In verses 5 and 11, the psalmist talks to himself. What does he say and why?**
    a. **Can you change your heart by talking to it?**
    b. **What is necessary for this to work?**
5. **What does he remember in verses 4 and 6?**
    a. **What purpose does it serve to remember?**
    b. **What must you do to make the memories work for you?**
6. **In Psalm 126:5, what does it mean to sow in tears?**
    a. **What is the promise for those who do?**
7. **In Psalm 130, what is the promise when we sin or fall short?**
    a. **Is there any limit?**

8. **Psalm 42:7 says, “deep calls to deep.” What do you think that means?**

    a. **Read Romans 8:26-27. How does that help us understand the Psalm?**

    b. **What is His promise to you when you don’t have the words to express how you feel?**

9. **What is one key takeaway from this sermon you think you can use this week?**