



Life Group Questions
September 8.2024
Psalms of Lament/Complaint

Connect

- If you are a new group: Tell a little bit about yourself...where did you grow up, family (married?/kids?), where do you/did you work?
- If you are a returning group: What is your idea of a perfect weekend?

Learn and Apply

1. The first two weeks of the series we learned about Psalms of Praise and Psalms of Confession. What have you learned about those Psalms? What stands out to you?
2. What stands out to you about Psalms of Lament/Complaint? Did you learn anything new about these psalms?
3. Have you ever practiced Psalms of Lament/Complaint? What was that experience like? Or have you not felt permission to pray this way?
4. Read Psalm 13 and identify the 4 movements of the Psalm.
5. Read Psalm 70 and identify the 4 movements of the Psalm.
6. What movement is most difficult for you? 1. Turn to God; 2. Bring your complaint; 3. Confession trust; 4. Petition for God to act.
7. What is one thing you will take away from this week?

Care and Pray

We ask our groups to focus on **3 simple practices: to care, learn and pray together.** Ask each person or couple to name the 1 thing they would like prayer for right now.