CHAPTER ONE
GOD WANTS OUR SAD

1. Have you ever been told to “Suck it up”? How were you taught to deal with grief? What is your way of dealing with pain?

2. What is your initial response when you are hurt? Do you try to laugh it off? Do you minimize your pain or compare it to others’ pain?

3. How do you think God views you when hardship hits your life? How do you believe God wants you to respond?

4. Whom do you go to with your pain?
CHAPTER TWO
LETTING GO OF OUR COPING MECHANISMS

1. How do you define “blessings” of God?


2. Do you get frustrated with superficial conversations, or do they make you feel safe?


3. Which of the five coping mechanisms did you resonate with the most? How have you most recently seen one play out?
1. Have you ever been forced to “fake it” or pretend everything is okay? What did this teach you, and did you take this into other areas of your life as well?

2. Do you feel prepared spiritually for when bad things happen to you?

3. Have you ever been misunderstood in your pain?

4. Has the topic of lament come up in your church or circle of friends? If you are involved in church leadership, is a time for lament incorporated into your worship service?
CHAPTER FOUR
A SURPRISING PATH TO HEALING

1. What is your biggest fear? What is your worst nightmare?


2. How would your view of God change if your worst nightmare took place? What questions would arise in your mind about God?


3. Do your dreams for your life include suffering, disappointment, and heartache?


4. Whom do you feel most comfortable going to in your pain, and what about them makes them feel safe?
5. Are you a person people approach in their grief? Why or why not?


6. What is one lament you have had in the last twenty-four hours?


CHAPTER FIVE
PERMISSION TO LAMENT

1. Do you incorporate the Bible into your daily prayer times?

2. How do you think God sees you?

3. How do you think God expects you to cope with your pain?

4. What If/Then statements do you believe about God, suffering, and your faith?

5. How we grieve is directly related to how we heal. Are you willing to embrace the idea that healthy spirituality includes grief and lament?
CHAPTER SIX
"WHY?"

1. Do you believe it is okay to ask God questions?

2. If grief has hit your life, what was the first response you needed? (Notice this may be different for each person. It is good for us to know what people in our lives see as comfort in their time of need.)

3. What is your view on the afterlife? Where do you think people go when they die? How do you provide comfort when a death occurs? How would you like to receive comfort if you have recently experienced the death of a loved one?
4. What words (if any) comfort you when you are in a hard place?


5. What do you think causes God pain?


CHAPTER SEVEN
“HOW LONG?”

1. Have you ever been in a season of waiting on God? How did you wait patiently? Looking back on that season, what false things did you believe about God as a result of your waiting?

_____________________________________________________________________________________

_____________________________________________________________________________________

2. Name out loud one unmet desire you currently have.

_____________________________________________________________________________________

_____________________________________________________________________________________

3. How have you experienced the provision of God? Are you open to seeing God provide in different ways?

_____________________________________________________________________________________

_____________________________________________________________________________________

4. Have you lamented to God, like Habakkuk, and given God time to change you?

_____________________________________________________________________________________

_____________________________________________________________________________________

5. What makes you uncomfortable about God seeing you and letting others see you for who you really are?

_____________________________________________________________________________________

_____________________________________________________________________________________
1. What is your initial response when someone around you gets a good gift, and you are left without?

2. Do you think Jesus experienced the favor of God?

3. How would you define a successful Christian life?

4. Do you think you are in a building season (like Nehemiah) or do you feel as though your walls are crumbing down (like Jericho)?
1. How do you define forgiveness?

2. Have you experienced forgiveness? How did you know?

3. Have you extended forgiveness? What did it feel like?

4. What good (if any) has come out of the brokenness you have experienced?
CHAPTER TEN
LAMENTING TOGETHER

1. Have you ever felt as though God was punishing you? When?

2. Are you your own worst critic? Why? How can you begin to transform your mind and begin to see yourself as a loved child of God?

3. What has “faking it” cost you?
4. As you grow in your walk with God, do you think dependence on God and others is a sign of spiritual maturity, or do you think it is weakness to be in need?

5. Have you experienced the comfort of God? What did it look like?

In this chapter we see a shift where lament is not only good for us, but giving ourselves permission to lament allows us to walk with others who are lamenting too.

1. Does anyone in your life need time and space to lament? How can you support them in this?

2. Who is your safe community when a lamenting season comes your way?
CHAPTER ELEVEN
HOPE BEYOND LAMENT

1. Are you willing to suffer for the sake of the gospel?

2. Do you believe God will bring you to the other side of lament?

3. We are either in a season of lament, coming out of one, or about to enter into one. Where are you currently on this spectrum?

4. What one step can you take to move toward coming out of a lament?