

Get Real About Your Pain & Loss

VISION - On Sunday, the Get Real series continued with Jen sharing about getting real about our pain and disappointment in life. She shared that the way forward in life isn't fleeing from pain, trying to go around pain, but going through pain with God. She shared accepting our pain while holding on to faith and goodness of God is discipleship with Jesus, and is the doorway to growing our hearts in faith, hope, and strength.

SCRIPTURE -

DISCUSSION -

1. Jen shared that while it's counterintuitive, the way into living in joy and full hearts is actually through embracing our pain while hanging onto faith. What might be the negative consequences over time of us avoiding or going around our pain?
2. Jen shared some unhealthy ways that we cope with pain. What are some of those unhealthy ways, and if you're willing to share, what unhealthy ways do you cope with pain?
3. Jen shared that the pathway to joy is embracing what the Bible calls lament (expression of grief and sorrow). She shared that the three parts of lament we see throughout the Psalms are 1) Honesty (getting real with God about our pain) 2) Petition (asking God for specifically what we need) and 3) Praise (expressing our worship and patient trust of God).
 - a. Give everybody 1-2 minutes to read Psalm 25. What are some ways that David is honest about his pain with God? What might that look like in our lives?
 - b. Look back at Psalm 25. What are some specific ways that David asks God to do specific things? What might that look like in our lives?
 - c. Look back at Psalm 25. What are some specific ways that David declares his worship and trust of God? What might that look like in our lives?

BREAK UP - As Mark has shared, we'll get as much breakthrough in this series as we'll put in work. We'll continue taking time in guys and ladies groups to process what God is doing in us, as well as share how we're applying the practice the growth "homework" and how that experience has been. Our invitation this week was to take time in lament through honesty, petition, and praise.

1. What is God doing in you this week through this sermon series/passage?
2. Did you take time to apply the sermon & think through the lament exercise? If so, how did it go?
3. Is there anything you need to do coming out of this, and how can we as a group pray for you and support you in that?