



“Learning to Lament”

Psalm 55

⁴¹ As he [Jesus] approached Jerusalem and saw the city, he wept over it ⁴² and said, “If you, even you, had only known on this day what would bring you peace—but now it is hidden from your eyes. ⁴³ The days will come upon you when your enemies will build an embankment against you and encircle you and hem you in on every side. ⁴⁴ They will dash you to the ground, you and the children within your walls. They will not leave one stone on another, because you did not recognize the time of God’s coming to you.” - Luke 19:41-44

³⁹ Jesus went out as usual to the Mount of Olives, and his disciples followed him. ⁴⁰ On reaching the place, he said to them, “Pray that you will not fall into temptation.” ⁴¹ He withdrew about a stone’s throw beyond them, knelt down and prayed, ⁴² “Father, if you are willing, take this cup from me; yet not my will, but yours be done.” ⁴³ An angel from heaven appeared to him and strengthened him. ⁴⁴ And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground. ⁴⁵ When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. - Luke 22:39-48

1. How would you evaluate your ability to name, process and express your “negative” emotions (e.g. anger, sorrow, loneliness, resentment, etc) in healthy ways?
2. In the message Pastor Peter shared that we often resist the regular practice of lament because:
 - a. We falsely believe it demonstrates a lack of faith or spiritual maturity/
 - b. We think acknowledging our “negative” emotions will only prolong them.
 - c. We fear that God will not accept us in our troubled state.Do any of these particular reasons resonate with you?
3. What spoke to you regarding David’s lament in Psalm 55 as well as Jesus’ laments in the Mount of Olives (Lk 19:41-44, 22:39-48)? How has it challenged your view of “negative emotions” and the practice of lament?
4. How do you think you are doing in creating a safe space for your loved ones (e.g. children, spouse, friends) to express themselves emotionally? What do you think has helped them and what has hurt? What would you like to do better?