

Hope Presbyterian Church  
**Sermon-Based Bible Study Group**



**February 23, 2025**

**Lament** - #2 in the series: Ghosted - *What To Do When God Seems Silent*

**Texts Referenced (NIV):** Psalm 22: 1-2, 19-21, 22-24; Matthew 27:46

1. What stood out to you about the message?
2. *Lament* is a demonstrative expression of grief, pain, or sorrow and examples frequently appear throughout the Bible, including the Psalms.
  - What has been your understanding of lament?
  - Why might lament not be fully understood as a spiritual practice in the contemporary church?
3. The spiritual practice of lament includes the following four structural aspects:
  - Address - *Directly addresses God*
  - Complaint - *Voices the grief, pain, or sorrow*
  - Request - *Boldly asks God to do something*
  - Trust - *Expresses the belief that God will respond*
  - *How does this structure help you understand that lament goes beyond making a complaint?*
4. **Read Psalm 22: 1-2, 19-21, 22-24.**
  - Can you identify the aspects of lament - address, complaint, request, and trust?
  - What does David's lament show us about his relationship with God?
5. **Read Matthew 27:46.**
  - If Jesus lamented, why do we often resist it?
  - How do you respond to the idea that lament is a prayer of pain that leads to trust?
  - How is understanding the practice of lament helpful when God seems silent?
6. How can we pray for you?