

How To Respond To Suffering

When Life Hits Hard, Psalm 13:1-6

February 12, 2022

Community Group Discussion Questions

PLEASE READ BEFORE LEADING DISCUSSION

- Recommended questions are highlighted in bold, but select 5 or 6 questions you think will work best for your group discussion. You likely won't have time to discuss all of the questions so choose which questions you will ask ahead of time and make sure to provide plenty of time to focus on the application questions.
- Feel free to edit or reword questions to best fit your group.
- You may want to print out copies of this document for everyone so they can follow along with the questions as you read them.
- Check out this Facilitation Guide (<http://bit.ly/CGFacilitationGuide>) for tips on leading good discussions.

ICEBREAKER (5-10 Minutes)

1. Share your name and answer the following question:
 - This week is the Super Bowl and Valentine's Day. If you had a date night or a hangout with a friend to watch something, what is your preferred genre to watch? Action, Romance, Rom-com, Comedy, Drama, Thriller, Horror, Sci-fi, Documentary, Other.

OPENING THE DISCUSSION (5-10 Minutes) – Have someone recap the message in about a minute or two and then ask the following questions:

2. **What scripture, stories, or statements stood out to you from Sunday's message?**
3. Daniel said, "When you push things down they come out sideways."
 - In what ways might things come out sideways?
 - How have you experienced that in your own life or seen it impact someone else?

DIGGING DEEPER (10 Minutes) – ask everyone to follow along in their Bible or Bible app. You might consider looking up these passages online and sharing your screen to review them together.

4. **Read Psalm 13:1-6.**
 - **What part of David's prayer resonates most with you?**
 - **What part of David's prayer do you have the most difficult time praying?**
5. Read 1 Peter 5:7.
 - How does this passage help us respond to our suffering?
6. Read Hebrews 5:7-9.
 - What can we learn from Jesus' response to His own suffering?

APPLYING IT (10-20 Minutes) – These may be best to discuss in prayer time

7. Daniel shared 4 steps of lamenting to God: 1. Turn 2. Ask 3. Request 4. Trust. Have each person answer one of the following questions:
 - **Turn:** What is something you are having a hard time turning to God with?
 - **Ask:** What is a question you have for God?
 - **Request:** What is something you would like God to do?
 - **Trust:** What would it look like for you to trust God in an area of difficulty this week?

PRAYER (20 Minutes) – Take some extended time to pray this week

8. Based on your situations and what you shared above, spend some time in prayer as a group praying through these 4 steps of lament.