

Coffee Talk #04 What is Lament? (And why am I experiencing it?)

TAKE 3:

Are you a light or heavy sleeper? Do you wake up groggy or ready to face the day? What is your morning ritual? Does it include coffee? If so, how do you take your coffee? Black? With Cream? Sugar? What's your drink of choice at Starbucks?

"Moo-ving" on...

THE SETUP:

Lament is something often felt, yet hard to verbalize. Do you agree? Why so? Do you feel you've taken the proper amount of time to cope with the lasting affects of this pandemic? Positively or negatively, how has this pandemic affected you? Others?

6 MINUTES WITH...

How did you relate to any of the stories from this segment?

Have you been angry or disappointed because of the things you missed out on over the past year? How did you deal with that frustration?

You heard in this segment feelings of heightened tenseness during this pandemic. Can you relate? How so?

Despite the lows of this past year (2020), what is giving you hope for the future?

How might random acts of kindness and self-sacrifice help you and others navigate the uncertainty of life?

Read Luke 6:35 & Colossians 3:12. How might living out these verses alter the landscape of our culture?

Coffee Talk Sheet

LET'S TALK ABOUT FAITH

In this segment, Pastor Don Ebert equated lament to crying out - "it's sort of a spiritual 'ouch.'" How have you experienced hurt or healing during this pandemic?

Isolation can make processing and grieving difficult. How can followers of Christ help those in isolation process the challenges of life?

How might creativity help you overcome the struggles associated with lament?

Can you think of any Biblical examples of people who wrestled with lament?

Read Mark 14: 34. How did Jesus experience lament and loss?

How might stick-to-itiveness help us overcome struggles?

We often want to know WHY we are suffering, how might our quest for answers lead us to a place of increased Faith and Trust?

How can relationships help us on the difficult journeys of life and faith?

Read Hebrews 4:14-16. How does knowing Jesus came to us, fully God, yet fully human, help comfort us in time of trouble?

WHAT WE LEARNED

What surprising things have you learned over this past year?

Why is the passage of time important in understanding God's role in our lives when we're lamenting?

One-third of the Psalms are Psalms of lament. How does that comfort you?

Read Romans 5:3-5. How does this verse speak to you right now?

Remember - it's okay to cry out. You are not alone! God is with us!

TWO CHALLENGES

Read One Psalm a Day and if you're feeling daring, rewrite those Psalms in your own words. If you are struggling with where to begin, start here: **Psalm 4, Psalm 40, Psalm 69, Psalm 91.**

Take A Walk. Embrace the beauty of a new day. Cry out, Pray & Mediate. Be present with God!