

**Playlist: Lament**  
**Psalm 13**

“Lament” -

**The Reasons We Lament**

**The Seasons of Lament**

**The Psalms Form of Lament**

Lament Gives \_\_\_\_\_

Lament Invites God To \_\_\_\_\_

Lament Leads To A \_\_\_\_\_

**My Next Steps:**

☐ Give voice to your pain.

☐

**Life Group Discussion**

Ice Breaker:

- What’s your “favorite” broken heart song?
- What are some classic broken heart songs?

Digging In:

- What song(s) would you choose to describe the “easy life”?
- What songs would you choose to describe “my life sucks”?
- What songs would you choose to describe “party!”?
- Why are we hesitant to be real with God in our pain/suffering?
- Why do we think we should be more pain tolerant?

Making it Real:

- Do you need to give voice to your pain?
- How has God used pain to transform you?
- Read Romans 8:28 & 12:2. How do these passages highlight how God transforms us?