

## The Common Thread (PSALMS)

### *Lament & Praise: Embracing “How Long?” and “Yet I”*

#### Community Group Questions

1. What were your general impressions and takeaways from the PSALMS video shown in this message?
2. Do you think our modern version of Christianity focuses more on the positive aspects of our lives or on that which acknowledges pain, injustice, and confusion in our lives? Explain.
3. Why is a balanced tension between lament and praise so important? How can our expectations be affected in negative ways if we're not balanced here?
4. Reflect on **Psalm 13:1-2 ESV**—“How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?”
  - a. Have you ever felt this way? Did you bring these feelings to God or hide them because you thought they “lacked faith” or were in appropriate?
5. When we can truly express lament, then we can truly express praise from a place of honesty, not a place of fantasy. Discuss some of the following “yet I” passages from Psalms.
  - a. **Psalm 27:3 ESV**—“Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.”
  - b. **Psalm 119:83 ESV**—“ For I have become like a wineskin in the smoke, yet I have not forgotten your statutes.”
  - c. **Psalm 119:141 ESV**—“I am small and despised, yet I do not forget your precepts.”