

# Exploring Prayer 2 – Learning to Lament

*‘Prayer is not polite. It is awed, respectful, but not polite.’*

This session looks at the topic of lament, exploring some prayers of Jesus and the Psalmist, and giving some practical pointers about how to pray prayers of lamentation and protest.

- How have you found praying since last week?

When everyone has shared, watch *Exploring Prayer part 2: Learning to Lament*.

## Discussion

The following questions may help to guide the discussion:

- How did you feel about what the Archbishop shared?
- Was there a moment in the video that challenged you?
- Was there a moment that you particularly relate to?
- What does it mean to you that Jesus wept?
- Have there been times when you have cried out to God in pain?
- How easy do you find it to bring your whole heart to God?
- What are the barriers to lament? Discuss both personal and cultural barriers.
- How do you feel about being transparent in your relationship with God?

## Bible

Read Ps 77

- How does the psalmist express his trouble?
- Is it OK to be angry with God? (see v 7-10)
- How does remembering what God has done help the psalmist?

## Response

Have someone in the group read Psalm 27 aloud slowly. Allow time for everyone to think of places and situations (personal, communal or global) where you want to see God move. Each person in the group shares some of their burdens in turn. As each person finishes, they should read the words of Psalm 27:13. The rest of the group respond with the words of Psalm 27:14 (you may need to agree the version).

Finish by saying the Lord’s Prayer together. Resolve to spend time in prayer in the coming week.