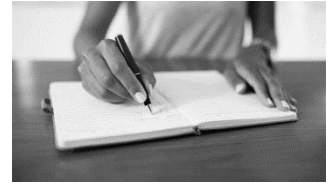


Sunday AM Sermon – February 13, 2022

# Record My Lament

Matthew 26:36-39



What many people appreciate about journaling is the opportunity to put their thoughts and feelings on paper. It's cathartic. It's clarifying. It's cleansing. Maybe that's why Psalm 58 says to record my lament. In these days of uncertainty and loss, it is helpful to lament.



1. Mark the number of times you hear these words:

Lament –

How long –

Cry or cries –

2. What are pat answers?

3. What are some of the ways that God has lamented?

4. What is the danger of rushing through life in our busyness?

5. Act #1: \_\_\_\_\_ to God

6. What does it mean to lament during Act #1?

7. Act #2: \_\_\_\_\_ to God

8. What was evidence of the anguish that Jesus was in while praying in Gethsemane?

9. What does it mean to lament during Acts #2?

10. Acts #3: \_\_\_\_\_ for God's \_\_\_\_\_

11. Rather than worry, what did Paul instruct us to do (Philippians 4:6-7)?

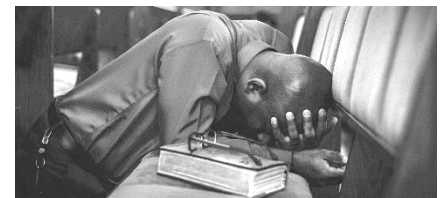
12. What does it mean to lament during Act #3?

13. Act #4: Have \_\_\_\_\_ in God

14. What does it mean to lament during Act #4?

15. What two things happened in the Garden of Gethsemane that need not be overlooked?

16. When will there be no more need for lament?



## Faith Talk, Faith Walk

*Spend time with family or friends (maybe over a meal or during a family devotional) discussing the following related to the sermon*

**Faith Talk:** What are some things in your life that you need to lament?

**Faith Walk:** Invite some friends and schedule a time to lament the things that are on your hearts.

*If you are here and have been touched or convicted by something said or done today we would love to study the Bible with you and introduce you more fully to our Savior, Jesus Christ. Just call the church office at 795-4377 and we will set something up. God bless you!*

**Next Sunday AM Sermon – Preaching the Good News of the Kingdom of God (Luke 4:38-44)**