



MISSION CREEK

Alliance Church

Psalm 142- A Song of Lament

1. **Starting Point:** When you think about your life right now, would you describe yourself as being in a “cave” season, a season of relief, or somewhere in between? Why?
2. **Honest Complaints:** The Psalmist pours out his complaint before God. How easy or hard is it for you to be completely honest with God about your struggles? What holds you back?
3. **Stuffing vs. Drowning:** The sermon described two ditches—stuffing emotions down or being overwhelmed by them. Which ditch do you more naturally fall into, and how might lament help you find a healthier middle?
4. **Recentring:** David says, “*You are my refuge, my portion in the land of the living.*” What specific truths about God do you most need to declare to yourself in your current circumstances?
5. **Trusting in the Messy Middle:** How can we practice “living with expectancy without expectations” in our prayers and daily life? What would that look like for you personally?
6. **Community and Loneliness:** David felt alone even when people were around him. When have you experienced being “alone in a crowd”? How can our group or community be a place of refuge for one another?
7. **Praying Our Own Lament:** If you were to write a short lament prayer today using the pattern (complaining, recentring, trusting), what would you want to express to God?

Finish your time by praying the Group Prayer of Lament found on the other side of the page—and let it lead into a time of prayer for one another.

GROUP PRAYER OF LAMENT

Complaining (Honest Conversation with God):

Lord, we come to You in the messy middle of life.
Some of us feel tired, some anxious, some burdened.
At times, we feel trapped in a cave—
alone, unseen, or overwhelmed.
We pour out our hearts to You without holding back.

Recentring (Anchoring in Who God Is):

But today we declare: *You are our refuge.*
You are our safe place when everything else feels uncertain.
You are our portion in the land of the living—
You provide what we truly need, even when we feel empty.
We turn our eyes from our circumstances to You,
the One who has been faithful through every generation.

Trusting (Living with Expectancy):

Lord, we don't know how our stories will turn out.
But we choose to trust You.
We live with expectancy, not demanding outcomes,
but waiting with open hands for Your goodness.
We believe You will walk with us in the cave
and one day lead us into the light of Your presence.