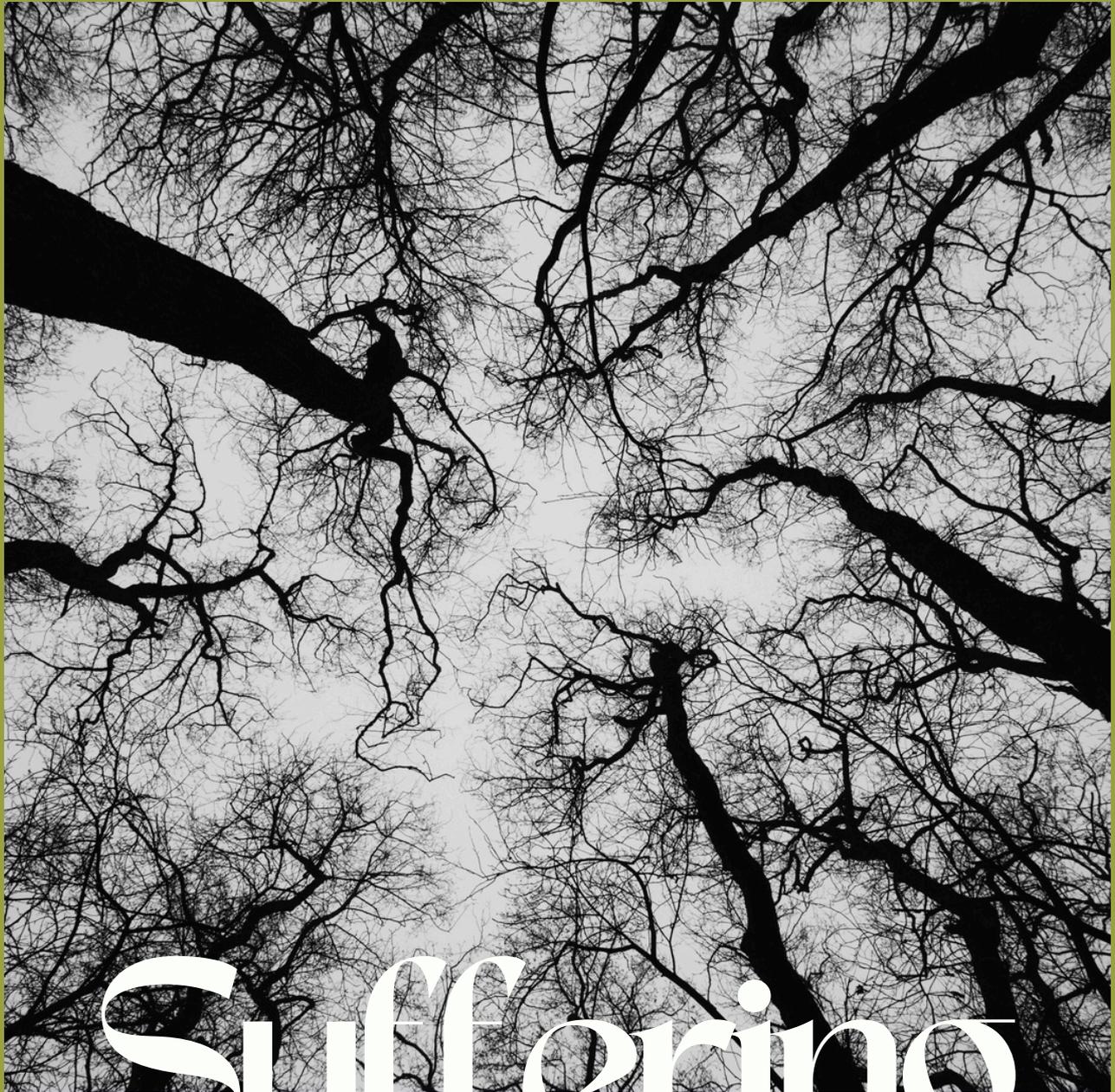


THE GOODNESS OF GOD

VISION 2024



Suffering

A STUDY AND PRACTICE GUIDE
FOR HOMEGROUPS

generations
church leipzig



Week 2

HOMEGROUP RESOURCES

When suffering lingers

Come together as a group and discuss last week's practice.

Group Questions:

- What did you learn or experience during last week's practice?
- How would you encourage someone else to praise the Lord during a time of suffering?
- What stood out to you in the sermon?

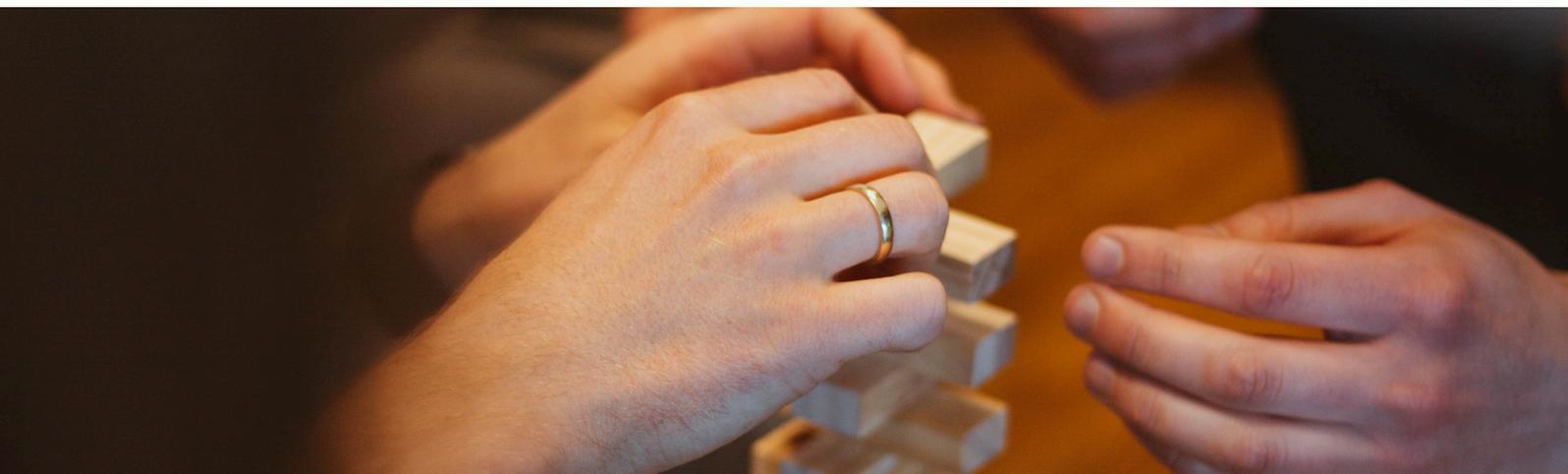
Read together Job 3



Focus

There's a heaviness that descends upon us when we find ourselves stuck in a period of suffering. As I write this, I feel the urge to skip ahead to the end of the story, to bypass this moment. Yet, the waiting is perhaps the most significant aspect of the process, albeit the most challenging.

Waiting is also the most hazardous part. People struggle with waiting. We're inclined to exhaust every possible means to fix the situation as swiftly as possible. It's during this phase that bitterness can seep in, where hope can wane, and where individuals truly discover the foundation upon which their lives are built. Therefore, this week, we will sit with the suffering.



Group Questions

1

When have you experienced a time when suffering lingered much longer than you expected?

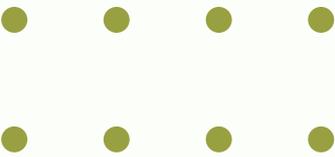
2

What did you do during that time?

3

Talk over the practice for the week.





The Practice

Day One

Today, we want to acknowledge the emotions that we have been feeling during our season of suffering. Emotions are often the first things we try to push aside or bury when we are not doing well. They can feel overwhelming. However, God gave us emotions, and it is beneficial for us to learn to identify them and bring them before God, who can help us process them in a healthy way. We are providing an emotions list for you because it can be challenging to name emotions, especially when it's something we don't often practice.

Feelings

| Happy | Mad | Sad | Scared | Surprised | Disgust |
|-------------|------------|----------------|---------------|-------------|---------------|
| Adored | Aggravated | Alone | Afraid | Astonished | Embarrassed |
| Alive | Accused | Blue | Alarmed | Curious | Exposed |
| Appreciated | Angry | Burdened | Anxious | Delighted | Guilty |
| Cheerful | Bitter | Depressed | Bashful | Enchanted | Ignored |
| Ecstatic | Cross | Devastated | Cautious | Exhilarated | Inadequate |
| Excited | Defensive | Disappointed | Fearful | Incredulous | Incompetent |
| Grateful | Frustrated | Discouraged | Frightened | Inquisitive | Inhibited |
| Glad | Furious | Grief-stricken | Horrorified | Impressed | Inept |
| Hopeful | Hostile | Gloomy | Lost | Mystified | Inferior |
| Jolly | Impatient | Hopeless | Haunted | Passionate | Insignificant |
| Jovial | Infuriated | Let down | Helpless | Playful | Sick |
| Joyful | Insulted | Lonely | Hesitant | Replenished | Shame |
| Loved | Jaded | Heartbroken | Insecure | Splendid | Squashed |
| Merry | Offended | Melancholy | Nervous | Shocked | Stupid |
| Optimistic | Ornery | Miserable | Petrified | Stunned | Ugly |
| Pleased | Outraged | Neglected | Puzzled | | Unaccepted |
| Satisfied | Pestered | Pessimistic | Reassured | | |
| Tender | Rebellious | Remorseful | Reserved | | |
| Terrific | Resistant | Resentful | Sheepish | | |
| Thankful | Revengeful | Solemn | Tearful | | |
| Uplifted | Scorned | Threatened | Uncomfortable | | |
| Warm | Spiteful | | Useless | | |
| | Testy | | | | |
| | Used | | | | |
| | Violated | | | | |



Your Feelings

What are you feeling? Where do you feel it? Why are you feeling it? What do you need? I encourage you to truly contemplate your needs for this day as you grapple with these emotions. While our instinct may be to seek a resolution to the situation, I urge you to focus on the present. What do you need right now, in this moment?

Take these concerns to God in prayer.



Day Two

Have you ever written a lament? Have you poured out the depth of your sorrow before God? Today, let's read Psalm 22. Laments typically exhibit four common characteristics: turning to the Lord, expressing complaints to the Lord, making bold requests, and choosing to trust.

As you read through the Psalm, take a moment to notice which characteristics David brings out in his lament. Is he turning to the Lord? How does he articulate his complaints? What does he ask for? How does he choose to trust?



Day Three

Today, let's take time to write our own lament to God. This is a heartfelt expression of grief or sorrow. Sometimes, as Christians, we may feel hesitant to share our negative emotions with God. However, when we look at the Scriptures, we see examples like Job, David, Jeremiah, and Jesus, who openly expressed their deepest emotions to God. This is a safe place to voice our disappointments, sadness, frustration, and fear to God. But it doesn't end there; in God, we also find our hope, and in Him, we place our trust. Here are some questions to guide you as you write your personal lament:

- How are you approaching the Lord?
- What has transpired? What are your complaints?
- What bold requests do you want to make to God?
- How are you choosing to trust God in this moment?

Group Questions

1

How well and how often do you take time to identify your emotions?

2

Have you ever written a lament before?

3

What challenges are you facing this week?

4

Finish with a time of prayer together.





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