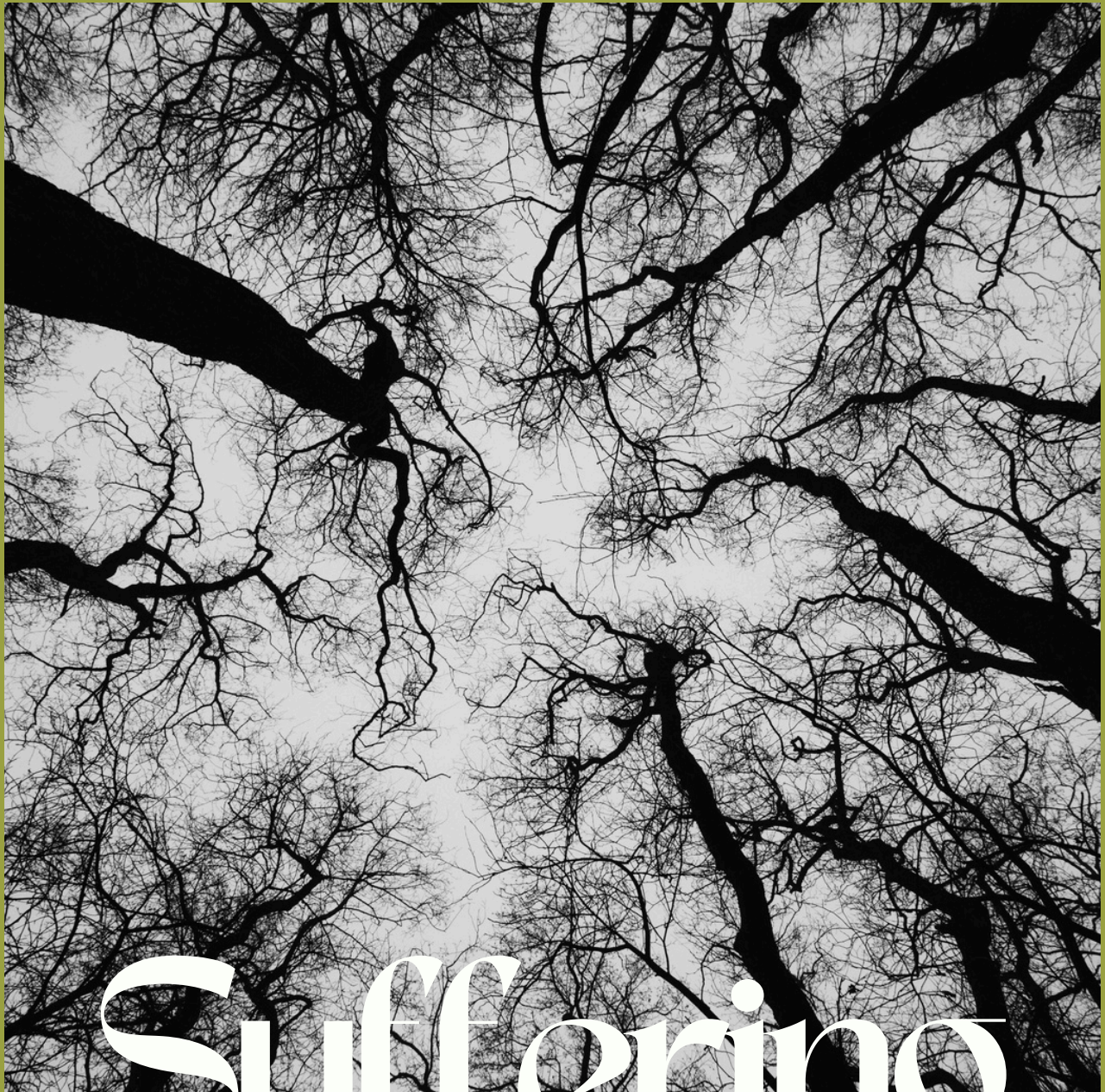


THE GOODNESS OF GOD

VISION 2024



# Suffering

A STUDY TO GO DEEPER

*generations*  
church leipzig



# *Week 2*

GENERATIONS CHURCH RESOURCES

# When suffering lingers

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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 Job 3**





# Focus

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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.



# Questions

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1

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

2

What did you do during that time?





# The Practice

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## 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

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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

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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

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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?



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