

WEEK 3

SMALL GROUP GUIDE

ANTHEM

When you hear the word "worship," you might think of a church building, a choir, your favorite worship song, or maybe a special tradition. Worship takes a lot of forms, but sometimes we make the mistake of thinking worship is something it's not — or, at least, something much smaller than what it really is. You can worship through song and meaningful traditions, but when's the last time you worshiped by going outside? Or cleaning up your neighborhood? Or making a friend? Or telling God you're angry? In this 4-week series, we'll explore the book of Psalms (worship songs to God) as we discover that worship might be bigger than we ever imagined. Maybe worship isn't just an anthem we sing, but an anthem we live, by worshiping **with all of creation**, worshiping to **remember what God has done**, worshiping **even when it's difficult**, and worshiping together because **we're God's family**.

THIS WEEK

THE BIG IDEA

We worship even when it's difficult.

THE BIBLE

Psalms 22:1-2, 23:1-4, 55:22-23; Mark 15:34; Amos 5:12 & 16

- **What's your favorite sad song or movie scene? Why is it your favorite?**
- **When you feel sad, how do you usually react? Do you try to get over it? Hide it? Ignore it? Embrace it?**
- **In your own words, what does it mean to lament?**
- **Do you think most people are good at truly lamenting? Why or why not?**
- **Why do you think God wants us to lament?**
- **What are some things that can help us get through dark times?**
- **What are some things that make you really sad? Are you sad about anything right now? If so, what is it?**
- **Read Amos 5:12 and 5:16. What was Amos the prophet lamenting? What are some similar issues we can lament in the world today?**
- **Is there anything in your life or in the world that you haven't given yourself permission to lament? What is it?**
- **This week, what's one step you need to take to practice lament? How can we help?**

ACTIVITY

Listen to a song of lament together (like "Purge Me" by Urban Doxology, "Love Remains" by The Brilliance, "Take Me to the King" by Tamela Mann, or "You Hold It All Together" by All Sons and Daughters) and discuss these questions: What does the song have to say? What do you think the author of the song is going through? Where do you see hope in the song? What do these songs teach us about lament?