

## Adult Group Study Guide for July 19, 2020

Series: "Exodus"

Message: "Complaining...the Right Way"

Goal: To learn to use the biblical practice of lament to bring our requests to God.

Key Verse: *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.* – Philippians 4:6 (NIV2011)

1. Think about the last couple of weeks. What kind of things have you been complaining about? What changes in your attitude when you make a list of your complaints? What helps you separate your needs from your desires?
2. Review the story of the Israelites after they leave Egypt in Exodus 15:22-17:7. Make a list of the complaints of the people of Israel. How does that list compare with you list of complaints? How did God respond to their requests? (Exodus 15:25, 16:12, and 17:6)
3. Read Matthew 7:7-11 and Philippians 4:6-7. What should we do when we are in need? Why is it so important to go to God first?
4. Read James 4:1-3. Why is our attitude so important when we bring our requests to God?
5. A lament is a passionate expression of grief or sorrow. The book of Psalms includes around 42 psalms of lament, 30 of which are individual psalms of lament and the rest are communal. What is the difference between rebellious grumbling and redemptive lamenting?
6. Pastor Austin mentioned the three P's of lament: protest, petition, and praise. Why is it important to be honest with God about our true feelings? (Check out Psalm 13:1 and Psalm 22:1, quoted by Jesus on the cross.) In what way is a lament a statement of faith and an act of worship?
7. If you are interested in learning more about the biblical practice of lament, go to: <https://www.faithward.org/lament-toolkit-understanding-and-practicing-biblical-lament>. Scroll to the bottom of the page to watch a video presentation by Dr. Carol Bechtel. Just below that video is another one by Rawee Bunupuradah, one of the missionaries that we support, who shares some of the losses the church is experiencing in Bangkok, Thailand.