

Beyond Blue

Lament

Discussion Questions

Warm-Up: What's the difference between hope and optimism?

Discussion Questions:

1. One definition of lament is: a passionate expression of grief or sorrow. What has lament looked like in your life?
2. What stories of your past, your church's past, or God's people, give you hope and strength during hard times?
3. Read James 1:2-4 and I Peter 5:7 When you look at James' instruction, what have trials and suffering produced in your life?
4. How does the world teach us to build resilience? How does the Bible tell us to cope with emotions in a way that builds resilience?
5. What are some ways to demonstrate love to someone who is working on building resilience?