



Discussion Guide for “Why Lament?” *Good Grief* Week 1

We avoid pain and grief as much as possible. When faced with someone else's grief, we avoid or offer platitudes. But the book of Lamentations invites us to sit with grief, to enter into the prophetic process of Lament. In this series, we'll explore how to grieve and how to be a friend to the grieving. Ultimately, we'll see how the process of lament invites us to be agents of healing in the larger world.

Scriptures for Further Reading

[Psalm 77](#)

[Lamentations 1](#)

[Matthew 5:4](#)

[Romans 12:14-18](#)

Passage for Sacred Reading:

A sacred reading is a method of reading Scripture that invites God to speak to us through the text. If you have never done a sacred reading, here is [a simple step-by-step guide](#). This week's passage is [Psalm 77](#).

Questions for Discussion

1. Why does our culture struggle with pain and grief?
2. Tim described the process of grieving as Orientation → Disorientation → Reorientation. Can you think of a time you have experienced disorientation because of grief?
3. Read Psalm 77 together. Trace the movement of Lament through the Psalm. Which parts are familiar? Which seem strange?
4. Why is Lament important to a healthy relationship with God?
5. Which posture – the griever or the friend – is closest to your present circumstances? What does it look like for you to enter into Lament this week?