**Life Group Discussion**

**Based on:** Sunday, March 20, 2022

**Sermon Title:** Grief After God’s Own Heart

**Sermon Series:** After God’s Own Heart

**Sermon Passage:** 2 Samuel 1:17-2:1; John 11:33-36

**APPETIZER:**

**Prayer:** Take a moment just to have everyone settle. Have a moment of silence and then ask the Holy Spirit to bring his presence into the discussion, bring comfort to our hearts, and encouragement to our lives.

**Scripture:** Have someone read 2 Samuel 1:17-2:1. What do you notice about the passage? What words stand out? What are some of the big themes that David put into his lament?

Now have someone read John 11:33-36. Again, what do you notice about the passage? Why is Jesus grieving? Do you think there is any significance between the words “Come and See” and Jesus weeping?

**Discussion:** When we look at David, we don’t see a perfect person, but we see someone who is fully alive to God. When it comes to grief, you could say that he demonstrated a grief that was after God’s own heart.

What are the things that bring people grief? If you feel comfortable, what are some things that people in the group are grieving?

**MAIN COURSE:**

Although David’s lament over Saul and Jonathan is not directed to God per say, it follows the typical way David sang before God. When looking at David, recognizing a life after God’s own heart, it was suggested in the sermon that grief before God is an act of worship.

Question: What is worship?

Pastor Jeff suggested while looking at David that we can see at least three ways that grief is an act of worship:

**1. It brings God into the story.** In David’s lament, he talked about the goodness of Saul and how he was blessed (and blessing can only come from God). However, we know Saul as being a tyrant.

**Questions:** In what ways can we bring God into our stories of grief? What stories of grief are harder to bring God into the story? Why is it important for us to see God in the midst of our stories of pain?

**2. It highlights the beauty of pain.** We don’t often associate pain or hurt or grief with beauty, yet often when we witness people in mourning, we often hear poetic language coming out of their mouths (For example, Rest in peace, Blessed be the name of the Lord, The Lord gives and takes away, etc).

**Discussion:** In what ways do people avoid pain? What does denial (trying to hide from sorrow or grief) look like and how does it backfire? What is the secret to finding beauty in grief?

**3. It enlarges our experience in life.**

**Question:** When you think of the life of David, how do you think his laments and other songs develop his character? How

**DESSERT: Write out a lament**

A lament is a song of sorrow presented to God. Laments often have similar elements to them: A cry for help or an expression of anguish. A confession of frustration or desired response to the thing that is hurting you. A plea to God to pay attention. A recognition of God’s character. A statement of hope in light of who God is.

Take some time to write a lament, either during group time or when you are on your own. Pick an event or situation that has brought you grief and formulate a prayer around it, offering it as an act of worship to the Lord.