

“Good Grief!”

From ‘Rehearse’ to ‘Release’

Psalms 55:1-23 – A Psalm of Lament at the Treachery of a Friend

- R _____ - “how could they...?”
- R _____ - “how could I...?”

THE POINT: Lament, to reach a healthy conclusion, involves choices.

1. We choose f _____ - Matthew 6¹⁴⁻¹⁵ (cf. 18³⁵)

2. We choose f _____ - II Corinthians 4¹⁸

3. We choose f _____ - Hebrews 11¹

RESPONSE – being ‘doers’ of the Word (James 1:22):

Let’s sit before the Lord...and listen...

- To express your pain or sorrow in the language of lament
- To listen to the Spirit of God...invited to search you, know your heart... Psalm 139:23-24
- To listen for the Spirit of God to prompt you with names of those you need to forgive....

[see the other side...]

Take the time in review to compose your own ‘alphabet of suffering’ from either your own life or our shared life at First Free. It will be even more valuable if you do so with others who have shared the experience(s):

A –
B –
C –
D –
E –
F –
G –
H –
I –
J –
K –
L –
M –
N –
O –
P –
Q –
R –
S –
T –
U –
V –
W –
X –
Y –
Z –

From TRUTH through TRACTION to TRANSFORMATION:

What did God say to you today? [Assess]

What will you do about it? [Address]

With whom will you share this...and when? [Apply]