

# DON'T LOSE HOPE

## CENTRAL TRUTH

We can grieve sin and tragedy without losing hope in God's justice.

## KEY QUESTION

→ **What does this passage reveal to us about sorrow?**

God does not command us to ignore our pain; tears are not prohibited. Sometimes we can't sing songs of praise because the oppressions of life overwhelm us. That doesn't mean we're doing anything wrong; it means we're looking at a situation that breaks God's heart and we're recognizing your desperation. Don't hide those emotions; honestly pour them out to God in prayer.

## KEEP IN MIND

- Several verses in this psalm may seem violent; students might even be caught off guard that Bible contains such a prayer. Using the Leader Notes in this week's session, help students to consider that the psalmist was angry and seeking God's punishment on the people that had hurt, captured, and murdered his friends and family. We are to be honest with the Lord in our prayers—inviting the Lord to walk us through difficult moments and find healing in the process.
- This session is an opportunity for you to share how the Lord met you in a situation that made you feel hopeless. Students will benefit from hearing how the Lord's presence brought you comfort and how He guided you through.

## APPLICATION

- How might this psalm give us insight into the thoughts, feelings, and even the prayers of someone who is struggling? How can we be more compassionate toward the hurting?**

## THE WIN

**FOR THE STUDENT:** We don't have to ignore our pain and heartbreak before the Lord. We can run to His throne of grace in our time of need, believing that He is good and just.

**FOR THE LEADER:** Create space for students to be honest about any hardships that they may be experiencing. God invites us to be honest with Him and with the godly community He has surrounded us with.

## 7 ARROWS

- ↻ What does this passage say?
- ↑ What does this passage tell us about God?
- ← What did this passage mean to its original audience?
- ↔ How does this passage change the way I relate to people?
- ↓ What does this passage tell us about the human heart?
- ↺ How does this passage prompt me to pray?
- What does this passage demand of me?