

## **Dig Deeper @Home – “Cries of the Heart”**

### **Complement to lesson on 3/17/24 – “Are You Listening?”**

#### **ICE BREAKER – Questions to open dialogue and learn more about those gathered**

1. Describe a time in your life when you felt discouraged and really sad. Who or What helped you through that time?
2. Share about a time when you really messed up but were treated with mercy and grace by someone.

#### **MEMORIZE – Psalm 42:5**

Why are you downcast, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

#### **READ – Psalm 130**

##### **Questions to ponder/discuss:**

1. Re-scan the text and consider...
  - a. What did the Holy Spirit cause to “jump off the page” as you read?
  - b. Is anything repeated? Contrasted? Compared? (If so... why might that be?)
  - c. What are the verses revealing about God? About people?  
In light of these, what needs to change in your life? What are you already doing well?
2. In verse 1, the Psalmist is “crying out” to the Lord. What do you think his condition is and how do you know (hint verse 3)?
3. In verses 3-4, the Psalmist talks about iniquities/sins and forgiveness. How are these connected? What is the condition for forgiveness?
4. In verse 4, there is a connection with forgiveness/mercy and the “fear” of the Lord. Explain how forgiveness would produce “fear or reverence” of the Lord. What would this look like in your life?
5. In verses 5-6, the Psalmist seems to be coming out of the depths. He is waiting, hoping and watching. For what is he waiting? Where is his hope? Why would he hope in God’s Word?
6. In verses 7-8, the Psalmist is no longer praying, but turns his attention to all the people of God and issues a command. What is the command and what are the reasons for the command?

## **EXPERIENTIAL ACTIVITY – Write your own personal psalm of lament.**

Take a few moments to write like the psalmist. Write a few sentences under each of these headings, and compose your own psalm of lament:

*Complaint:* Tell God What is Happening

*Description:* Tell God about your Pain

*Plea:* Tell God What You Want Him to Do

*Trust:* Tell God you trust him, even when life is tough

Now read out loud as your prayer of lament to God. God is big enough to take whatever you have to say as you cry out to God from the depths of the need you are feeling.

*“O Israel, hope in the LORD; for with the LORD is unfailing love and an overflowing supply of salvation.”*  
*Psalm 130*

**SING** (Suggested songs to sing. Use these, or any favorites of the gathered group, to worship Jesus!)

Glorious Day - <https://youtu.be/gkJJ2XZwDHc>

His Mercy is More - <https://youtu.be/uh1KDpg00x8>

Goodness of God - <https://youtu.be/DHUiJsdanYk>

Great is Thy Faithfulness – Mennonite Hymnal - 534

## **PRAY**

This is a time to gather around for prayer requests and to share how you have seen God at work. A time to hear where God is showing up in our lives and where we need Him to help us in our lives.

### **Sending prayer based on the message:**

Heavenly Father, You are the stronghold of my life when I feel like the world is crashing in on me. Be not far from me, for trouble is near, and there is none to help. Kingship belongs to you, LORD, and you rule over the nations. I will put my trust in you and will yet praise you, my Savior and my God.