

Growth Group Homework

For the week of May 13, 2012

QUICK REVIEW

Looking back at your notes from this week's teaching, *This Isn't What I Signed Up For*, was there anything that particularly caught your attention, challenged or confused you?

MY STORY

1. Looking back, what time in your life would you describe as a time of deep suffering?

DIGGING DEEPER

1. We read this weekend about Naomi's difficulties and tough times in her life. The Bible has a lot to say about when life gets tough. Over half of the book of Psalms are classified as lament psalms because they express concern over a difficult situation the author is facing. Read the following psalms for some good examples, and jot down any observations you have.

Psalm 3

Psalm 4

Psalm 28

How could these psalms give you hope in the midst of a tough situation you're currently facing?

2. Each lament psalm has at least four similar elements - description of present need, prayer for help, commitment to offer praise, and sincere thanks to God. Because of this structure, these psalms provide a great model for us on how to pray when we're facing difficult circumstances. Look back at the psalms above and identify each of the four elements.
3. Think of a situation in your life that you are concerned about. Jot down one or two thoughts regarding that situation under each of the elements.

Description of present need

Prayer for help

Commitment to offer praise

Sincere thanks to God