

For Discussion:

1. What shaped the way you *normally* pray when you're hurting? (upbringing, family or church culture, personal habits)
2. David brings his *honest self* to God in Psalm 13—confusion, frustration, and fear included. What emotions or thoughts do you find hardest to bring honestly to God? Why do you think that is?
3. What typically keeps you from praying in seasons of suffering? (silence, distraction, self-reliance, guilt, disappointment with God)
4. Can you share a time when suffering distorted how you saw God, yourself, or your situation? How did God eventually bring clarity or perspective?
5. Most lament psalms include a “turn” back to faith (Psalm 13:5–6).
How do you personally understand the difference between forcing optimism and choosing faith in the middle of unresolved pain?
6. The message ended by encouraging the writing of a personal lament prayer.
What might change in your prayer life—or in your relationship with God—if lament became a regular, normal practice rather than a last resort?