



Because of the Lord's great love we are not consumed,
for his compassions never fail.
They are new every morning;
great is your faithfulness.
I say to myself, "The Lord is my portion;
therefore I will wait for him."

Life Group Conversation Starters

"Groaning is just fine with God. All you may be able to do is groan, for a minute, an hour, a day or a decade. This happens with physical, emotional and even financial pain--it's just too intense for words for a time."

1. Can you name and describe a time in your life when your pain was so intense you could only groan and you couldn't even put the pain into words?

"Lamenting is action that brings pain, grief, loss or hardship into the open, shining light on whatever is in the way of humans thriving. We must Lament when we hit walls, when we are in the dark, when life falls apart."

2. What kinds of pain or sorrow might you need to put into words these days (Lament) in order to thrive in life better. Putting pain into words is many times a first step in the healing process.

3. Are you slow or quick to put things into words? How do you best do that?

4. Where is your safe place to lament--a grave site? Your journal? A Friend? Late at night?

"God's love and compassion are new every morning, but a person can only receive it when they are ready."

5. When have you experienced a blockage between you and the love and compassion of God?

"When you are ready....hurt, pain and loss is fertile ground for growth. On your worst day there were little mercies, little gifts." They often take a long time to recognize and it is painful when people point them out too soon.

6. What does when you are ready mean to you?

7. Why is it so painful to be pushed to quickly to growth?