



A WEEKLY RESOURCE FOR LIVING OUT THE WORD OF GOD

What: a weekly resource that helps the community of CCE take the sermon into their lives throughout the week with a variety of reflections, group discussions, and individual practices.

Why: Sermons aren't just for Sunday morning. "We submit ourselves to the way of faith and practice revealed in the Word of God. The sermon is explanation and exhortation, making this Word clear and *applying it to our lives.*" (definition on bulletin)

Individual and communal rhythms that help us take the liturgy into daily life allow us to open ourselves to what God is teaching us through his Word and his people.

Feel free to go through all the days or select one or two exercises that help you apply the sermon to your life.

March 1, 2020

Sermon Series: Seeking Solace

Title: "Praying Our Tears"

Passage: Psalm 6

NT Reading: Hebrews 12:1-11

Scott Armstrong

Summary: We begin a new series this week looking, in particular, at some of our complex emotions and how they can bring us to the heart of God. Psalm 6 addresses our sorrow and anguish and shows us that rather than driving a wedge between himself and God, trusting in God's character (fidelity and grace) allowed him to suffer and worship at the same time. We need to learn how to "pray our tears" back to God. Rather than holding back, we have a mighty Father who welcomes our beating on His chest with every imaginable emotion. The depths of our sorrow, far from driving Him away, bring Him near (Psalm 34:18) and we, many millennia later, know this to be true because He gave us Jesus Christ as our confidence that our tears are not in vain—that God has defeated the destroying force behind our tears at the Cross and empty grave.

Monday: Lectio Divina

Take some time to practice an ancient way of reading Scripture. For more on lectio divina click [here](#)

- (*Lectio*) *Reading*. Slowly read the sermon text (Psalm 6) and get a sense of what it is saying. Read it a second time and listen for any words that strike you.
- (*Meditatio*) *Reflecting*. Read the passage again slowly. As you pause on the words or phrases that stick out to you, take some time to consider what the word, passage, or phrase means (in the context of Scripture) and how God might be using it to speak to anything in particular in your life.
- (*Oratio*) *Responding*. Read the passage again, slowly. Consider now how God has spoken to *you* in this passage and offer your responses back to Him.
- (*Contemplio*) *Remaining*. Now, take time to simply remain in the presence of God.

Tuesday: Discussion Guide

Each week we'll provide some questions to consider that will help you take the Scripture and the sermon into a deeper place. We hope this fosters meaningful conversations with those in your community group, friends and spouse.

1. Scott began by noting how both the church and the world struggle to be comfortable with sorrow and tears— saying “I’m fine” when behind the mask, we’re not. What barriers get in the way of you being authentic with other people? With God?
2. How have seasons of pain in your life impacted your prayers? Do you find it difficult to draw close to God in prayer because of suffering or just the opposite—it draws you close? Why or why not?
3. Biblically speaking, lament is to express honest grief over our pain or losses while maintaining hope that God is near us in our pain, and deserves our worship. The song “It is Well with my Soul” expresses this perfectly. Why is it important for us to practice lament both privately and publicly?
4. Scott said that when we encounter “the wall” (an illness, tragedy, anything we are confronted with that gets our attention and possibly changes our life) we do so because God is shaping us to be more like Him. In other words, our pain isn’t wasted. Do you believe that? If yes, can you name a time when you experienced this shaping? How did that season shape how you relate to God (*and/or how HE relates to you!*)
5. In this Psalm, David prays based upon faith (confidence) in the character of God. How can building faith on God’s character, rather than a generic “have faith/keep the faith”, instruct us on how to live?
6. Why might it be important to cling to the promises of God in our pain? Share some of the promises that have brought you hope during seasons of lament. (*See also: Thursday’s exercise*)

Wednesday: Review of Confession

We confess corporately to acknowledge that we all alike fall short of the glory of God, but we also all alike can rest with assurance on His amazing grace.

[Excerpts from Every Moment Holy vol 1](#)

A Liturgy of Lament:

O Spirit of God, is it then possible that our tears might also be a kind of intercession?

That we, your children, in our groaning with the sadness of creation, could be joining in some burdened work of coming restoration? Is it possible that when we weep and don't know why, it is because the curse has ranged so far, so wide? That we weep at that which breaks your heart, because it has also broken ours— sometimes so deeply that we cannot explain our weeping, even to ourselves. If that is true, then let such weeping be received O Lord, as an intercession newly forged of holy sorrow. Then let our tears anoint these broken things, and let our grief be as their consecration— a preparation for their promised redemption, our sorrow sealing them for that day when you will take the ache of all creation, and turn it inside-out, like the shedding of an old gardener's glove. O Lord, if it please you, when your children weep and don't know why, use our tears to baptize what you love. Amen.

Thursday: Psalm of Lament

Choose one of the following psalms of lament to read:

Psalm 5, Lamentations 3, Psalm 17, Psalm 40, Psalm 25

Look for the psalmist's worshipful response in the text, and commit some of it to memory this week. Perhaps that can be added to your promises to cling to the next time sorrow visits.

Friday: Sabbath/Soul Rest

Take a few minutes— ideally at the beginning of your day, or whenever works best for you— and simply do nothing. Just be. Stand in silent love before God. Rest in the Father's deep love for you today. His love has no limits.

Additional Resources:

[Cry of the Soul by Dan Allendar and Tremper Longman](#)

[Emotionally Healthy Spirituality by Peter Scazzero](#)

Music by Shane & Shane with words from John Piper: ["Though you Slay Me"](#)