

The Blessing of Lament Week 8
When We Feel Frustrated or Angry
John Goodale

A. Experiencing Tension with God

1. What can cause us to feel frustrated and angry with God?

- a) God's _____ is often _____ from our _____
- b) God's _____ are often _____ from what we _____
- c) God _____ and _____

"Oh, Lord, my God, You set me up. You promised to be with us, not once in awhile, but always. But not today." Lewis Smedes

2. How do we handle our unanswered questions about God's presence, love, or involvement?

- a) We can _____ our _____ of God.
- b) We can _____ of God.

B. Lamenting Our Tension with God

1. How do we do this?

- a) We _____ where God _____ to be _____.
- b) We _____ how we _____ about _____.

"When it comes to God, our instinctive piety rushes to defend him against our own complaints. But we should not smother the primal screams of those who feel as if God has left them dangling in the winds of pain." Smedes

- c) We _____ over _____.
- d) We _____ to _____ to _____.

2. Exploration of Job, chapters 3 and 16

"The point of Job is not where is God when it hurts, but where is Job when it hurts?" Philip Yancey

ABCs of Lament (Looyengas)

- Address God
- Be Honest, Vulnerable, Real, and Raw with God
- Confess/Connect with God's Character

How do you note Job living out these elements of ABC in these chapters?

"One bold message in the Book of Job is that you can say anything to God." Yancey

Discussion Questions:

1. How would you answer the question, "How do I feel today?"
2. What circumstances tend to make you most prone to frustration or anger with God?
3. How do you tend to handle such moments when they arise? If not too personal a question, when was (or is) the last time you experienced this?
4. What's one thing you heard tonight that felt helpful or encouraging?

[Outline answers]

God's **timing** is often **different** from our **own**

God's **actions** are often **different** from what we **long for**

God **allows painful** and **confusing experiences**

We can **dilute** our **expectations** of God.

We can **grab hold** of God.

We **name** where God **seems** to be **falling short**.

We **express** how we **feel** about **that**.

We **value relationship** over **results**.

We **refuse** to **allow animosity** to **linger**.