

The Blessing of Lament Week 2: Why Does My Heart Hurt?

Reflections on the hurt in our world and hearts.

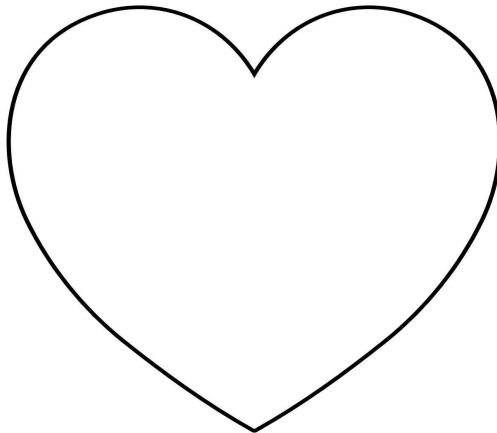
In the Beginning...

1. God created us to flourish by abiding with Him. We flourish when we experience *Belonging & Being Self*. Where do you see these two aspects in this passage?

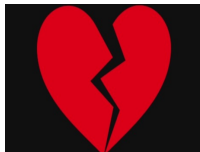
Belonging/Relationship

Being Self/ Purpose

2. What other longings emerge from these foundational needs?



²⁶ Then God said, "Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground." ²⁷ So God created human beings in his own image. In the image of God he created them; male and female he created them. ²⁸ Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground." -Genesis 1:26-28



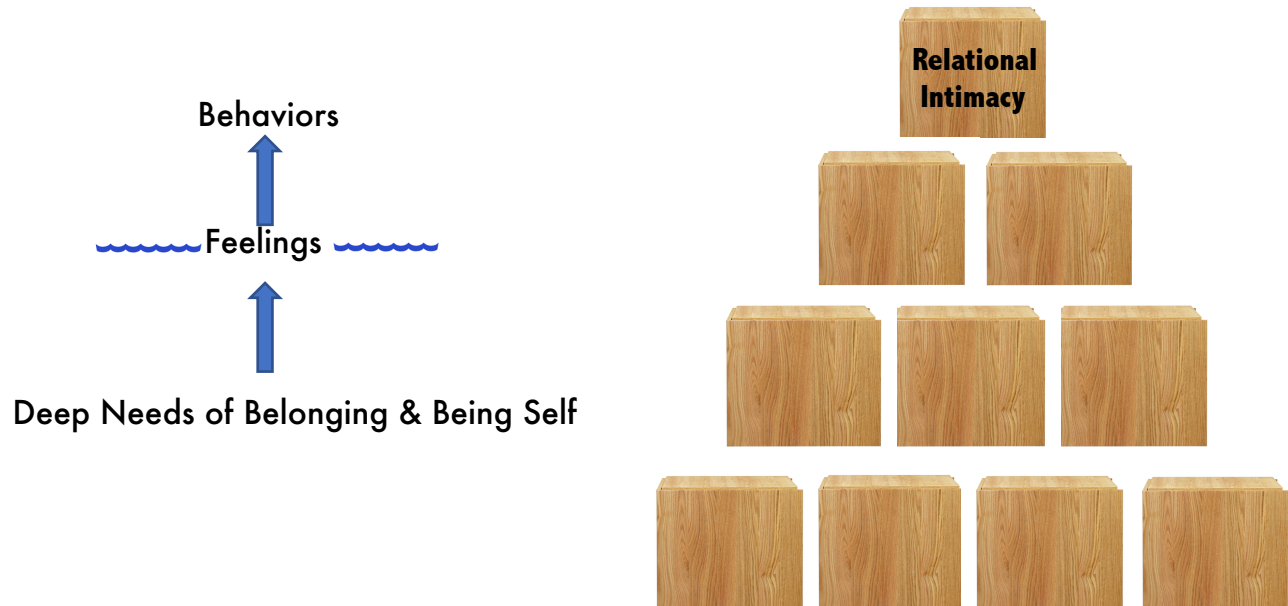
Our broken heart can lead us to _____ or _____



What do we do with the unfulfilled desires and deep hurts?

Naming and Understanding Our Need for Tethering Deeply to God

Created for _____



Psalm 31:10 “My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak.”

Psalm 43:2 “You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy?”

Group Reflection Questions

1. From Genesis 1, what other longings arise from being created for relationship (belonging) and purpose (self)?
2. Of the blocks, which one or two are most important for your sense of personal and relational well-being?
3. Of the blocks, which do you see as lacking in relational settings (e.g. marriages, work place, cross-cultures, society)?