



Psalm 142

Explain the Context:

From your reading provide a short answer to the following:

What is the theme of these verses?	What is the BIG Idea?
What is something that surprised you?	What are these verses <i>not</i> saying?

Take a moment to consider these questions:

- 1) Historically, what have been appropriate ways to express your grief?

- 2) Acknowledging that we all experience and process grief differently, how has reading the Psalms of Lament helped you with your journey of grief?

- 3) Considering recent tragic events – not just in our country but around the world – take some time to write your thoughts on each event that comes to mind. Allow yourself space to grieve each one and ask the Holy Spirit to give you wisdom and comfort in your grief and in those who suffer.

Apply the Scripture

Write the verse that stood out to you while reading [in this translation or your favorite].

How does this verse challenge you? Does it reveal an attribute of God's character?

For further study:

- Psalm 77:1
- Isaiah 26:16
- Psalm 13
- Jeremiah 30:17

