

## THE DISCIPLINE OF PRAYER: SORROW

*Psalm 126 & Psalm 39:12-13*

### MAIN IDEAS FROM THIS WEEK

1. EXPECT SORROW
2. SOW YOUR SORROW
  - SOW YOUR SORROW UNDER A REALIZATION OF GOD'S GRACE
  - SOW YOUR SORROW UNDER A REALIZATION OF THE CROSS
  - SOW YOUR SORROW UNDER A REALIZATION OF OUR HOPE

### DISCUSSION QUESTIONS – Pick one or two of these to talk about as a group

1. What stood out to you most from this week's message? Why?
2. This week's message was about sorrow. When we experience sorrow it has a way of drastically affecting every area of our lives. What has been some of your personal experience with sorrow?
3. One of the main ideas this week was "Expect Sorrow." A common mindset that we have is that if we just do the right things or navigate life skillfully enough we can avoid sorrow in life. What does your experience have to say about this mindset? What does scripture have to say about this mindset?
4. In Psalm 39:12-13 we see someone who is being completely honest before God about what is going on in their heart. What are some reasons that we have such a hard time being this honest? What is it about God's grace that can enable us to pray like this?
5. One of the main ideas this week was "Sow Your Sorrow." What are some ways that the analogy of a farmer sowing seed from Psalm 126 is helpful as we consider what it means to sow our sorrow?
6. Are you experiencing sorrow right now? How can we pray with you and for you as a group?
7. **OPEN DISCUSSION:** Take some time to talk through your experiences with sorrow, why we should expect sorrow, what it means to "sow your sorrow" and how we actually go about doing that through prayer in light of God's grace, the cross and our hope.

**A TRUTH TO TAKE WITH YOU:** It is safe to bring ALL of your sorrow to the God of grace.