



LIFE
IS
HARD

GOD
IS
GOOD

Focus of Week 5:

There is a notable shift in how the mourner interacts with God. Instead of describing the horror of their situation, they direct their pain to God. Their cry is filled with anger and uncertainty. They have become so emboldened that they directly blame God.

Connect:

Our personalities affect so much, from how we connect with others to how we connect with God.

1. Would you consider yourself someone who has a short-fuse or a long-fuse? What things tend to ignite that fuse?
2. How do you typically express anger or strong dissatisfaction with something? Where are you on a scale of 1-10, with "1" being calm, cool and collected and "10" being explosive or implosive?

Discuss:

Anger is often discussed in a very negative way in the Bible. There are many passages that declare the foolishness of anger and warnings that anger leads to sin. Through the Hebrew Bible, however, there are many experiences where people get angry with God and God responds. Their anger seems to get God's attention.

3. How would you answer the question, "Is it ok to get angry with God? Why or why not?"
4. What has been your view of anger as it relates to the Christian faith or to God? Where do you think this view comes from?

Read Lamentations 2:17-22

5. What stands out to you from this passage? Why?
6. Lamentations 2:17-19 come from someone encouraging the people of Jerusalem to cry out to God. Verses 20-22 come from the people of Jerusalem who are finally moved to cry out to God. Why do you think the people of Jerusalem have to be told to cry out to God? What do you think kept them from doing that?
7. What kinds of anger are healthy to direct toward God? What kinds are unhealthy?
8. Read James 1:19-20. What kind of anger do you think helps produce the righteousness that God desires? Or, anger about what kind of things?
9. As you assess your anger, how do you think it aligns with what angers God? Are there areas that are out of alignment, what are they?
10. As you reflect on this week's message, what do you feel your next step is?