

Struggle: When Life Makes No Sense
How to Get Through What You're Going Through
October 3, 2021

Three Ways We Struggle

1. We struggle with other people.
2. We struggle with ourselves.
3. Our real struggle is with God.

Pattern for Lament: C-A-R-E

C – Complain – *tell God what I think is unfair or painful.*

A – Appeal – *appeal to God's nature, His character.*

R – Remind – *remind God of what He said; His promises.*

E – Express – *express total trust in God.*

Laments in Scripture

Jeremiah 12:1-4

Psalms 88:3-18

2 Chronicles 20:6-12

Psalms 142

Questions for Personal Reflection & Group Discussion

Read Genesis 3:17. 1 Peter 5:7 and Genesis 32:28

Why do we struggle? What does Peter say we should do with our struggles? Our real struggle is with God. Why is it important for us to be open to accepting a new identity in our struggle with God?

Read Jeremiah 12:1

What complaints does Jeremiah bring to God? Why would God welcome complaints about what we think is unfair or painful?

What complaints do you have right now? Have you taken them to God? Why or why not?

What does it mean to complain to God as opposed to *about* God? What does it mean to complain in faith?

Read Psalm 143:1

What words would you use to describe God's nature or character?

What aspect of God's character do you need to appeal to regarding your current struggle(s)?

Read Genesis 32:9-12.

What did God promise Jacob?

What promises in God's Word are important to you and why?

Read Habakkuk 3:17-18

Write your own statement of total trust in God, despite your current struggle. Even though (specific circumstance or feeling), I will (words of trust/confidence in God).

Use the C-A-R-E pattern and lament to God. Consider writing your lament in a journal, then record God's answer/response/provision for you, whenever it comes.