

Small Group Series

It's Ok To
Not Be Ok

It's Ok to Not be Ok **Small Group Lesson: Week 5**

Message: Faith, Doubt & Disappointment

Main Idea: Doubt isn't the opposite of faith.

Group Check In: Are you more of a half full or half empty person when it comes to the glass of water metaphor? Explain and or give an example.

Prayer

Connect: Describe a time when someone you trusted did not do what you hoped? How did you feel?

Video: 11 minutes 56 seconds

In the Word:

1. Lamentations 1:1-8

- What pictures or emotions come to mind as you read these verses?

2. Lamentations 3: 1-22

- Even though God had repeatedly sent warning through the prophets, it must have been a terrible shock to see his judgment enacted. How would you have reacted if you had been there?
- What parallels do you see to Jesus' treatment at the end of his earthly life?
- What is the hope found in verses 21-23?

Application:

1. The writer of Lamentations questions why God did not avert the disaster, when at the same time the poet clearly believes in God's power. When you have experienced personal disasters or major disappointments, what was the impact on your relationship with God?
2. What is your definition of hope? Based on how you respond when disappointment comes, where does your hope really reside?
3. After our "It's Ok to Not be Ok" series, how do you view your own not okay life experiences differently?

Prayer - Invite everyone to offer a sentence prayer of gratitude for your "It's Ok to Not be Ok" small group experience. Then have a moment of silence before reading once again Lamentations 3:19-23 as a close to your prayer time.