

# LAMENT: HOW TO PRAY WHEN THE PAIN IS PERSONAL JASON JACKSON

Psalm 55

March 8, 2026

This discussion guide is designed for Saylorville Church Community Groups as they live and learn together each week. The sermons and guides can be found at [www.saylorvillechurch.com/sermons](http://www.saylorvillechurch.com/sermons).

## CONNECT WITH YOUR GROUP (10-15 MINUTES)

- Jason described the church being in an “Ecclesiastes 7:14 moment” - experiencing both adversity and prosperity. Where do you see both of those realities in your life right now?
- Have you ever heard the term “lament”? In what context? What does it mean that Psalm 55 is a song of lament?

## APPLY THE BIBLE (45-60 MINUTES)

- **Remember** what you talked about last time. Is there anything you need to **follow up** on this week?
- **Review** your Sermon Notes together. What is **one thing** that sticks out to you about what you learned?
- **Read** this week’s passage together. In his message, Pastor Jason used David’s lament in Psalm 55 to teach us how to pray when pain is personal.

### When the pain is personal, ask:

#### 1. **How Do I Feel? (Psalm 55:1-8)**

- What feelings does David describe in these verses? Which words stand out to you?
- Why do you think God included such raw emotional language in Scripture?
- In general, are you comfortable talking to God honestly about how you feel? Why or why not?
- When you experience personal pain, what is your first instinct? Escape, Distraction, Isolation, Anger, Something else?

#### 2. **What Are The Facts? (Psalm 55:9-15)**

- What realities does David acknowledge about the world and about the situation he is facing?
- Why does betrayal from a friend hurt differently than attacks from an enemy?
- Jason mentioned several unhealthy responses to betrayal: Withdrawing from people, Replaying the pain repeatedly, Seeking revenge, Gossip disguised as prayer, etc. Which of these do you find yourself tempted toward most?
- Verse 15 shows David leaving judgment to God. Why is it difficult for us to let God handle justice?

#### 3. **Where Is My Faith? (Psalm 55:16-23)**

- Look quickly at the verbs that describe God’s actions in these verses. What truths about God does David remind us of here?
- What does it practically mean to “cast your burden on the Lord”?
- Jason said, “Your job is to cast. God’s job is to care.” What burden do you need to “cast” on God this week? How will you actually do that?

***Receive and Respond: What will I do because of what I just heard?***

## PRAY TOGETHER (5-15 MINUTES)

- As a group, use the exercise on the next page to write and rehearse a prayer of lament.



## Group Activity: Write a Prayer of Lament Together

Biblical lament has been described as “a prayer in pain that leads to trust.”

As a group, write a short lament prayer following the same structure David used in Psalm 55.

Choose a shared burden your group sees in the world, community, church, or personal lives (broken relationships, anxiety, injustice, suffering, etc.).

Fill in the blank spaces below, but be flexible. Don't feel like you need to stick to a script.

When you've completed writing out your lament, pray it together with your group.

### Step 1: How Do You Feel?

*Express honest emotions.*

God, we come to You because we feel \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, and \_\_\_\_\_.

We acknowledge that in times like these we want to \_\_\_\_\_.

### Step 2: What Are The Facts?

*Describe what is true about the world around you.*

Lord, when we look around, it's obvious that \_\_\_\_\_.

There is \_\_\_\_\_ in our world and \_\_\_\_\_ in our lives.

We admit that cannot fix this on our own.

### Step 3: Where Is Your Faith?

*Choose to declare your trust in God.*

But we call to You, God, because You are \_\_\_\_\_.

You promise to \_\_\_\_\_.

So today, we cast our burden of \_\_\_\_\_ onto You.

### End with a statement of faith.

Even in this pain, Lord, we choose to trust You because \_\_\_\_\_.

Amen.