

1.21.24

## Notes from the House of Mourning

Psalm 84



1. During Job's suffering, multiple friends came to visit him. Most of their advice wasn't helpful, but they DID do some things right. Read Job 2:11-13. What are three good actions they display for comforting people? Name specific people around you who need encouragement right now, then name something specific you will DO for them.
  
2. Read Psalm 84, which compares our lives to a pilgrimage moving from one oasis (pool of water) to the next. Do you feel like you're at an oasis right now or in the desert between them? What truths/people/situations has God sent for you as an oasis in the past when you were suffering through hardship?
  
3. Read Psalm 42, which is an example of a psalm of lament (a cry out to God during suffering). Discuss which verses show the elements that make up a psalm of lament:
  - Where does the author express their pain?
  - Where does the author question God?
  - Where does the author vow to praise God and trust Him?

Discuss a hardship you've faced in the past or are facing right now. How would expressing it to God in the structure of a lament help you work through the situation?

Connection Card Next Steps - Memorize Psalm 84:5

**\*I will thank God** for two people He's used to show Himself to me—and then TELL them what they've meant to me.

**\*I commit to knowing God** better by reading the Bible and praying at least 3 times/week for the next month.