



How to Live with Un-resolve

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Q—What do we do with our un-resolve?

Today's Truth: The healthiest way to live with un-resolve is to get gut honest with God.

A lament: passionate expression of grief and sorrow

- **Invocation** - A call out to God

My God, My God... Psalm 22:1a (NIV)

- **Complaint** - Description of what one is honestly feeling

Psalm 22:1-2 (NIV)

- **Declaration** - Reaffirming our confidence in God's character

Psalm 22:3-5 (NIV)

- **Petition** - Asking God according to His way and His timing

Psalm 22:19-21 (NIV)

1 John 5:14-15 (NIV)

- **Vow** - Our confession of commitment to the Lord

Psalm 22:22,25 (NIV)

- **Praise and Promise** - Thanking him for what He has done and is about to do

Psalm 22:26 (NIV)

This week's spiritual practice: Write your own lament.

"Embrace uncertainty. Some of the most beautiful chapters in our lives won't have a title until much later." Bob Goff - Live In Grace, Walk In Love



Study & Discussion for Your Next Small Group

Share Together: If you were God, what's one thing you would change?

Reflect Together: From Sunday's service, what impacted you the most from the message, and how were you able to take steps in your faith?

Discuss Together: Each week through the summer, small groups/watch parties are encouraging their members to share what God has been speaking to them through our Summer Spiritual Practice of reading through The Psalms, following the guidance of scripture: *speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.* Ephesians 5:19-20 (NIV)

Practice S.O.A.P as a Group

Scripture - Read Psalm 22

Observation- What do you observe is the context and intent of this passage?

Application- How does it apply to your life? What action will you take as result of what you have been challenged with?

Pray- Ask God for wisdom and courage to do what He is asking to you to do.

Pray Together: Take time to share how God is answering prayer and also pray over the needs in your group.