



A Sermon for a Day of Trouble

Psalm 77

Sermon Outline

- I. Cry (1-4)
- II. Complain (4-9)
- III. Change (10-20)

Sermon Reflection Questions

To further engage your heart and mind with God's Word proclaimed to you, return here and consider these questions.

1. What does it look like for you to lament the pandemic?
2. What does it mean for you to lament whatever else is bothering you during the pandemic, even if it isn't the virus itself?
3. How does lamenting actually help change your heart? Can you think of a time that has been true for you?
4. Reflect on this quote by Mark Vroegop, in the book *Dark Clouds, Deep Mercy* "Don't allow your fear, your despair, or your track record of silence to cut off the flow of grace. Your pain can be a path toward God if you'll allow lament to be your new language".
5. Why do you think it is important to both be thankful and lament in the same season of life