

**2020: Fear, Division, Isolation, and (of course) Love**  
**April 14, 2021**

**Opening Prayer**

**Introductions**

**Quick Overview of Class**

**Psalm 22:1-11**

**A Psalm of Lament**

- <sup>1</sup> My God, my God, why have you forsaken me?  
Why are you so far from helping me, from the words of my groaning?
- <sup>2</sup> O my God, I cry by day, but you do not answer;  
and by night, but find no rest.
- <sup>3</sup> Yet you are holy,  
enthroned on the praises of Israel.
- <sup>4</sup> In you our ancestors trusted;  
they trusted, and you delivered them.
- <sup>5</sup> To you they cried, and were saved;  
in you they trusted, and were not put to shame.
- <sup>6</sup> But I am a worm, and not human;  
scorned by others, and despised by the people.
- <sup>7</sup> All who see me mock at me;  
they make mouths at me, they shake their heads;
- <sup>8</sup> “Commit your cause to the LORD; let him deliver—  
let him rescue the one in whom he delights!”
- <sup>9</sup> Yet it was you who took me from the womb;  
you kept me safe on my mother’s breast.
- <sup>10</sup> On you I was cast from my birth,  
and since my mother bore me you have been my God.
- <sup>11</sup> Do not be far from me,  
for trouble is near  
and there is no one to help.

**Psalms of Lament:**

Lament: to express deep sorrow or deep regret, to mourn, to wail or complain.

Most popular category of Psalms. Laments are both individual and communal. In a lament, grievances against God or enemies are expressed. Individuals seek deliverance from illness or false accusation and nations seek deliverance in times of distress. The psalmists also went through the same emotions we have! They use words that are often much better than our own to express how we feel. Laments are accompanied by affirmations of faith in a God who creates, judges, loves, forgives, heals, helps, and redeems. Laments are usually accompanied by a request for God to do something!

1. What are some other words we might use for lament?
2. What causes you to lament? Why?
3. How do you pray to God? What words do you use? What tone? (Often we do not want to be angry, questioning, fearful, or in deep despair)
4. If we were to write a psalm of lament for 2020, what might we say?

Video [\(32\) 2020: A Year in Review - YouTube](#)

## **Reflections on 2020**

### **“My God, my God, why have you forsaken me?”**

1. Looking back on the past year, what are we “lamenting”?
  - a. What words could we use to describe 2020?
2. What did you find most challenging about 2020 and why?
3. Where did you see hatred and division this past year? How did you react to this hatred and division?
4. What is the most important lesson you learned this year?

### **“In you our ancestors trusted; they trusted, and you delivered them. To you they cried, and were saved; in you they trusted, and were not put to shame.”**

5. What is the best thing that happened in 2020?
  - a. What was your favorite moment?
  - b. Looking back at 2020, what are you grateful for?
6. Where did you see God in the midst of the struggle in 2020?
  - a. Where did you see stories and actions of love?
  - b. How did you live out your faith this past year?
7. How are we different from a year ago?
8. What advice would you give your last-year self?

## **Questions? Reflections? Comments?**

## **Closing Prayer**