



WEEK 2: SOUNDTRACK – DISORIENTATION (Lament)

Date: Sept 20, 2020

Bible Passages: Psalm 13

Bottom Line: God is big enough to hear our hurts, fears and anger. Lament is the prayer language of the hurting.

Video: <https://youtu.be/3rde93vfQhM>

- 0:15 Host & Volunteer Prep & Prayer: coordinate activities, assign responsibilities, answer any questions that arise & pray for the students and God's revelation to them.
- 0:00 Welcome students: Music, Hangtime, 3-2-1 & out-door activities (Spike-ball, bags, trampoline, etc)
- 0:15 Interactive game/activity:
- In-Person: *Beanboozled!* We've supplied each home with a spinner box of Jelly Belly's "[Beanboozled](#)." There are enough individually packaged jelly beans for everyone to play at least one-three rounds (depending on house size). Players will pair off, spin the picker, and then divide the selected beans between them for tasting to find out who is blessed and who is not!
  - Online: "*Spinner-dare*" Using this [Online Spinner](#), share your screen and have kids take turns spinning the wheel to complete the following dares corresponding to each number on the spinner wheel. The idea is to create big laughs and help students identify with the sour grapes of life.
    1. Sing a kids' song (wheels on the bus, I'm a little teapot, etc) like a kid.
    2. Do a hand stand, against the wall if you need a little help.
    3. Use your camera to give the group a video tour of your room.
    4. Tell your mom that your group leaders said you won a treat and ask her for one – on us!
    5. For the rest of the game, you have to say "boo hoo" at the end of every sentence.

6. Do ten jumping jacks and yell "I'm a star!" every time your arms and legs go up/out.
7. Freebee! You get a pass – aren't you lucky!
8. Do an impression of one of our Compass pastors – you pick! (Jeff, Ryan, Pete, George, etc)
9. Act like a farm animal (pig, cow, chicken, horse, donkey) until the next person's turn ends.
10. Tell the group your favorite, clean joke.

0:25 Activity Debrief: (This would be a good time to pass out snacks)

- If you could eliminate one food from existence, or make the worst tasting food taste like the best, which food would you eliminate or change? Why?
- Is there an object lesson for life that you can take away from our game today? What is it?

0:30 Video teaching: <https://youtu.be/3rde93vfQhM>

Set-up: (Say to the group) *"Today we are in week two of our series titled "Soundtrack." We've been looking at the Psalms, the soundtrack or songbook of God's people, Israel. This week we are looking at Psalms of disorientation, in particular, Psalms of Lament. Before we begin, what do you think Psalms of Lament are about? What do you think Lament means?"*

0:45 Small Group discussion

#### Ice Breakers:

- Everyone has a favorite comfort food. What do you turn to when life gets rough?
- Besides food, how do you typically deal with difficult, sad, unfair and painful things in life? What do you do to deal with the rotten, nasty stuff that happens from time to time?

#### Discussion Starters:

- What did you learn from today's lesson? (*Review: address, complaint, request, expression of trust*)
- Prayer requires our whole being; mind, heart, spirit and body. What does it mean to pray with each of these parts? (*Mind - thoughtful of truth & reasonable; Heart – emotionally engaged & passionate, Spirit – in tune with the Holy Spirit; Body – engaging in action, response and obedience.*)
- When you pray, which part do you tend to emphasize most? Which do you tend to neglect? Why?

Scripture: Read *Psalms 54* as a group and see if you can identify each of the four parts of Lament in this passage. Take note of the ways that the writer engages the mind, heart, spirit and body.

- <sup>1</sup> Save me, O God, by your name; vindicate me by your might.
- <sup>2</sup> Hear my prayer, O God; listen to the words of my mouth.
- <sup>3</sup> Arrogant foes are attacking me; ruthless people are trying to kill me—people without regard for God.
- <sup>4</sup> Surely God is my help; the Lord is the one who sustains me.
- <sup>5</sup> Let evil recoil on those who slander me; in your faithfulness destroy them.
- <sup>6</sup> I will sacrifice a freewill offering to you; I will praise your name, LORD, for it is good.
- <sup>7</sup> You have delivered me from all my troubles, and my eyes have looked in triumph on my foes.

Digging Deeper:

- We learned that Laments can be individual or corporate. What are some things in our world and community today that are worth lamenting about? Make a list as a group.
- Once you've made your list, take some time as a group to identify some requests you can make of God regarding each of these laments. What could God do in response to these complaints? Think big!  
(Remember that sometimes God changes our circumstances, other times he changes us.)
- Go back and read verse 5. What do you think about that? How does that make you feel? How do you think God thinks and feels about this? (Keep in mind, God is also all-knowing, sovereign and just.) Application:
- How does learning about Lament and digging into these examples change the way that you pray and interact with God? What new things have you learned and encountered that will help you pray more wholly with your mind, heart, spirit and body?
- What is happening in your personal life that you might want to Lament? What are you struggling with that you would be willing to share with the group? How can the group lament/pray for you today?
- Close your discussion time asking God to help you learn how to lament and to pray for one another.

1:15 Closing activity & prayer: choose 1 of the following options for the whole group together.

- Worship: Together listen to and reflect on [Psalm 13](#), by Shane & Shane (<https://youtu.be/NTcfv8umc18>)
- Journal Response: Pull out your journal and write your own Psalm of Lament. Recall each component; address, complaint, request and the expression of trust. If you feel confident, share your Lament with the group or with someone you feel comfortable with.
- Scripture Response: Read, recite and memorize 1 Peter 5:6-7  
*"<sup>6</sup> Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. <sup>7</sup> Cast all your anxiety on him because he cares for you."*

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Prayer: encourage students to use their notebooks to record prayer requests and pray for the group members throughout the week.

- How can we pray for the world around us today?
- How can we pray for our church family and friends today? ○ How can we pray for you and your family today? ○ CLOSE IN PRAYER.

1:30 Student pick-up – be sure to stay relationally connected to students and parents until the end.

1:45 Team debrief, clean-up & departure