

Our Savior's Lutheran

Songs for the Soul Bible Study



Week One ~ Psalms & Songs of Lament

Bible Study Participant Guide

Welcome and Framing

What is a time that you have brought a struggle (big or small) to God?

Notes:

Large Group Teaching

Faith includes vulnerability and honesty - even anger, doubt, and silence.

Key Ideas:

- Lament gives language to suffering
- Scripture does not hide grief or anger
- God welcomes honesty
- Jesus himself prayed a lament from the cross

Notes:

Reading: Psalm 13

What did you notice?

Notes:

Table Conversation 1

Discuss one or two of the following questions:

1. Why do you think the Lament Psalms were so important in Israel's worship life?
2. What emotions do you hear in this Psalm?
3. Why is honesty in prayer sometimes difficult?
4. What kinds of suffering or uncertainty do people carry today that connect to this Psalm?

Notes:

Song Listening 1: “Everybody Hurts” by R.E.M.

What did you notice?

Notes:

Lyrics

When your day is long
And the night, the night is yours alone
When you're sure you've had enough
Of this life, well hang on

Don't let yourself go
'Cause everybody cries
Everybody hurts sometimes

Sometimes everything is wrong
Now it's time to sing along

When your day is night alone (hold on, hold on)
If you feel like letting go (hold on)
If you think you've had too much
Of this life, well hang on

'Cause everybody hurts
Take comfort in your friends
Everybody hurts

Don't throw your hand, oh no
Don't throw your hand
If you feel like you're alone
No, no, no, you are not alone

If you're on your own in this life
The days and nights are long
When you think you've had too much
Of this life to hang on

Well, everybody hurts sometimes
Everybody cries
Everybody hurts, sometimes

And everybody hurts sometimes
So hold on, hold on
Hold on, hold on, hold on
Hold on, hold on, hold on

Everybody hurts

Table Conversation 2

Discuss one or two of the following questions:

1. Where do you hear lament in this song?
2. How does this song connect with the scripture and Psalms of lament?
3. What topics and emotions are named in this Psalm and song? How are these topics and emotions expressed (or avoided) in church life - or your life outside of the church?
4. Why is vulnerability sometimes difficult in faith communities and/or in your family or friend group?
5. When do you intentionally listen to sad songs? Why?

Notes:

Song Listening 2: “What Was I Made For?” by Billie Eilish

What did you notice?

Notes:

Lyrics

I used to float, now I just fall down
I used to know but I'm not sure now
What I was made for
What was I made for?

Takin' a drive, I was an ideal
Looked so alive, turns out I'm not real
Just something you paid for
What was I made for?

'Cause I, I
I don't know how to feel
But I wanna try
I don't know how to feel
But someday, I might
Someday, I might

When did it end? All the enjoyment
I'm sad again, don't tell my boyfriend
It's not what he's made for
What was I made for?

'Cause I, 'cause I
I don't know how to feel
But I wanna try
I don't know how to feel
But someday I might
Someday I might

Think I forgot how to be happy
Something I'm not, but something I can be
Something I wait for
Something I'm made for
Something I'm made for

Table Conversation 3

Discuss one or two of the following questions:

1. Where do you hear lament in this song?
2. How does this song connect with the scripture and Psalms of lament?
3. What topics and emotions are named in this Psalm and song? How are these topics and emotions expressed (or avoided) in church life - or your life outside of the church?
4. Why is vulnerability sometimes difficult in faith communities and/or in your family or friend group?
5. When do you intentionally listen to sad songs? Why?
6. What other songs could we have chosen to connect with Psalms of Lament?

Notes:

Wrap Up

Lament is not weakness. It is one of the Bible's clearest signs that God invites the whole truth of our lives into prayer.

As we listen to brief reflections, note what stays with you.

Notes:
